



Peep supports parents and carers with children aged 0 - 5 years in encouraging your child's learning and development. You can make a real difference just by talking, singing, sharing books and playing together. The groups also offer advice about your child's learning.

#### Venues

Elphinstone Community Centre  
Every Monday  
Times 1.15pm—2.15pm  
Age Range: babies  
Contact: Lena Hutton (01875824138) or [lhutton@eastlothian.gov.uk](mailto:lhutton@eastlothian.gov.uk)

Dunbar Methodist Church Hall  
Every Tuesday (starting 17th Jan)  
Times: 10 - 10.45 am  
Age Range: 6 - 18 months  
Contact: Julie LaRoche (01875616066) [Julie@homestarteastlothian.co.uk](mailto:Julie@homestarteastlothian.co.uk)

North Berwick community centre  
Starting Friday 17th February  
Contact Katie Nevans  
[knevans@eastlothian.gov.uk](mailto:knevans@eastlothian.gov.uk) Tel: 01620 893056

**First Step Community project**  
Baby Peep  
Tuesday 11am—12 starting 17th Jan  
Contact : [info@firststepmusselburgh.co.uk](mailto:info@firststepmusselburgh.co.uk)



Dads Work offers dads and male caregivers a safe space for them to come and have fun with their children and meet other dads to share their experiences, whilst playing in an appropriate environment.

#### Under 5's Playgroup

Prestonpans Infant School Comm. Room  
Every Wednesday  
1 - 2.30 p.m.

#### Weekly Drop in Support Groups

Prestonpans Infants School  
Every Tuesday 10 - 11.30am

First Step Community Project  
Every Wednesday 10 - 11.30am

#### East Lothian Breastfeeding groups

These groups are run by the health visits and midwives. They are very friendly and informal, providing support and advice to all breastfeeding mums. You do not have to be having problems to go along. Please check the following dates visitor or midwife.

Musselburgh NCT Early Days Drop In Group - Fisherrow Centre Annexe Tuesdays 12-2pm

First Step Breastfeeding Support Group - First Step Galt Avenue Musselburgh 2<sup>nd</sup> and 4<sup>th</sup> Thursday 10am-12pm

Tranent NCT Early Days Drop In Group - George Johnstone Centre (Library) Wednesdays 10:30-12:30 (breastfeeding counsellor available 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of month)

Early Years Centre Breastfeeding Group - Early Years Centre Sandersons Wynd Tranent 1<sup>st</sup> and 3<sup>rd</sup> Fridays of month 10am-12pm.

Haddington – Newtonport Clinic 1<sup>st</sup> and 3<sup>rd</sup> Wednesday 12:30-1:30

Dunbar –Dunbar Health Centre Health Promotion Room Thursdays 10-11am

Gullane – Gullane Medical Centre Tuesdays 11am-12pm

Prestonpans – Lighthouse Cafe, Lighthouse Central Church Wednesdays 12:30-1:30

# Parenting & Family Support Classes within East Lothian

January / February 2017





## Bookbug [click here for website](#)

It's never too early or too late to start reading with your child. Free, fun and friendly events for babies, toddlers, pre-schoolers and their families to enjoy together.

### First Step Community Project

Dates: once monthly from 2nd Feb 2017

Time: 0930am - 1110am

Age Range: 0 - 3

Contact: [info@firststepmusselburgh.co.uk](mailto:info@firststepmusselburgh.co.uk)  
01316650848

[Your local library also have ongoing Bookbug sessions. Click here for more information](#)

## Stay and Play

Stories, rhymes, messy play and lots, lots More to do. For pre-school children & parent/ carers. Come along and have fun together.

### Venue

#### Tranent Town Hall

Dates: 20th January onwards

Friday 9.30—1115am (Term time only)

Age Range : 0 - 3

Contact: [lhutton@eastlothian.gov.uk](mailto:lhutton@eastlothian.gov.uk)

Tel: 01875824738

## Dads2b East Lothian

If you are an expectant father you are invited to attend a dads-to-be course

Will cover topics such as:

Supporting Labour and Birth, Baby care skills- everything from nappies, bathing, handling to coping with your baby crying, Early days, Post Natal Depression, baby brain development, Being a dad... and much more!

### Venue

First Step Community Project

Dates: Wednesdays in 4 week blocks January 11 – February 1 March 1 – 22 May 3 – 24

Time: 6.30 - 8.30pm

To book contact : [dadswork@hotmail.co.uk](mailto:dadswork@hotmail.co.uk) or [andrea.hewitt@nhslothian.scot.nhs.uk](mailto:andrea.hewitt@nhslothian.scot.nhs.uk)

Tel: 01506 524020 (Andrea Hewitt) or 01316650848 (Kevin Young)



## Raising Children with Confidence

A universal training programme for groups of parents and carers which focuses on promotion of positive mental health and emotional well-being.

### Venues

Cockenzie Primary School

Starting Date: 18.2.17 -

Time: Class 1 1.30 - 3.30

Class 2 6.30pm—8.30pm

Contact: [Julie@homestarteastlothian.co.uk](mailto:Julie@homestarteastlothian.co.uk)

Tel: 01875 616066

Longniddry Primary school

Date: 8.2.17

Time: 6.30pm—8.30pm

Contact: [hharper@eastlothian.gov.uk](mailto:hharper@eastlothian.gov.uk)

Tel: 01875819635 or 01875824136

## Baby Massage

Baby massage can help babies with sleep, wind, colic and relaxation.

Massaging your baby can help the attachment bond between parent and child too. Suitable for babies from 8 weeks onwards..

George Johnstone Centre, Tranent

Dates: 16.2.17—30.1.17

Time: 9.45 - 11.00 am

Contact: [lhutton@eastlothian.gov.uk](mailto:lhutton@eastlothian.gov.uk)

Tel: 01875824138

Bleachingfield Centre, Dunbar

Dates: Starts back Tues 10th Jan

Time: 10 - 11 am

Contact: Fiona Masters (07429568922)

or [fionamasters64@hotmail.co.uk](mailto:fionamasters64@hotmail.co.uk)

The Fisherrow Centre (ongoing)

Monday - 10 - 11.15 pm

Contact: Lorraine Rettie (07980553672)

First Step Community Project (Musselburgh)

Friday (starting on 20th Jan)

Time 10am—11am

Contact: [info@firststepmusselburgh.co.uk](mailto:info@firststepmusselburgh.co.uk)



As the UK's largest charity for parents, we can help you meet a network of local parent. We also provide a range of useful antenatal and Postnatal course including Baby First Aid and Early Days Free Drop-in for mum and babes aged from new born to around six months

### Babies and Beyond (Drop-In Sessions)

Every Monday - 10 - 11.30 am

Fisherrow Centre, South Street,

Musselburgh

### Early Days Drop In

Every Tuesday - 12.am - 2pm

Fisherrow Centre, South

### Early Days Drop in Tranent

Wednesdays 10.30am—12.30

For further information on other groups and courses please contact :

Lorraine—07980 553672

[www.nct.org.uk/branches/eastlothian](http://www.nct.org.uk/branches/eastlothian) or <https://www.facebook.com/ncteastlothian>

## Raising Teens with Confidence

Improve parent and carer understanding about factors which influence positive mental health and emotional wellbeing, support parents and carers to better promote emotional well-being in themselves and their teenagers

### Venue

George Johnstone Centre Dates: 22.2.17 - or six weeks

Time: 6.30 - 8.30pm

Contact: [lhutton@eastlothian.gov.uk](mailto:lhutton@eastlothian.gov.uk)

Tel: 01875824138