



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
Dates: 22.8.16—5.12.16 (Mon)
Time: 1.15pm—2.15pm
Age Range: babies
Contact: Lena Hutton (01875824138) or lhutton@eastlothian.gov.uk

Dunbar Methodist Church Hall
Dates: 30.8.16 - 11.10.16 (Tues)
Time: 10 - 10.45 am
Age Range: 6 - 18 months
Contact: Julie LaRoche (01875616066) or Julie@homestarteastlothian.co.uk

Nungate Centre, Haddington
Date: 1.9.16 - 13.10.16 (Thursdays)
Time: 10 - 10.45 am
Age Range: 6 - 18 months
Contact: Julie LaRoche (01875616066) Julie@homestarteastlothian.co.uk

North Berwick Nursery School
Dates 25.9.16 - 13.10.16
Time: 1.15 - 2.45 pm
Age Range: 2 years
Contact: June Gibberd (01620893775) or jgibberd@northberwicknursery.elcschool.org.uk

Aberlady Primary School
Dates: Sept
Time TBC
Age Range: 2 - 3 years
Contact: Pamela Currie (01875270232) pcurrie@aberlady.elcschool.org.uk

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: 26.9.16 - 10.10.16
Time: 9.30 - 10.30 am
Contact: lhutton@eastlothian.gov.uk
Tel: 01875824138

Dunbar Methodist Church Hall
Dates: 20.9.16 - 11.10.16
Time: 10 - 11 am
Contact: Fiona Masters (07429568922) or fmasters64@hotmail.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 and practical postnatal course include Baby Message, Baby First Aid and Early Days Free Drop-

in for mum and babes aged from new born to around six months.

For further information contact:

Lorraine—07980 553672
www.nceastlothian.org.uk
<https://www.facebook.com/nceastlothian>

Parenting & Family Support Classes within East Lothian September - December 2016





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

Ongoing—once monthly from 01.09.16
Time: 0930am - 1110am
Age Range: 0 - 3
Contact: 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

The George Johnstone Centre, Tranent
Dates: 26.8.16 onwards (every Friday)
Time: 9.30am - 1115am
Age Range : 0 - 3
Contact: lhutton@eastlothian.gov.uk
Tel: 01875824738

growing confidence

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

Wallyford Community Centre
Dates: 07.09.16 - 12.10.16
Time: 12.30 - 2.30pm
Contact: pmartin@eastlothian.gov.uk
Tel: 0131

Sandersons Wynd, Tranent
Dates: 31.8.16—12.10.16 (Wednesday)
Time: 9.30 - 11.15 am
Contact: lhutton@eastlothian.gov.uk
Tel: 01875824138

Pennypit Community Centre
Date: 27.10.16—8.12.16
Time: 9.30—11.30
Contact: hharper@eastlothian.gov.uk
ddoherty@eastlothian.gov.uk
Tel: 01875819635 or 01875824136

Dunbar (TBC)
Date: 26.10.16 - 07.12.16
Time: 9.30 - 11.30
Contact: Homestart—01875616066
admin@homestart.co.uk

Knox Academy
Date: 23.09.16—11.11.16 (Friday)
Time: TBC (am)
Contact: Angela @ Homestart (01875616066)
angela@homestarteastlothian.co.uk

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

Tranent (TBC)
Dates: 25.10.16 - 02.12.16
Time: 6.30 - 8.30pm
Contact: lhutton@eastlothian.gov.uk
Tel: 01875824138



Improve family relationships and manage children's difficult behaviour.

Venue

Tranent Early Years Centre (Sandersons Wynd)
Dates: 25.10.16—17.1.17 (term time)
Time: 9.30 - 11.15 am
Age Range: 4 - 10 years
Contact: pronaldson@eastlothian.gov.uk
Tel: 07866360181 (Trisha Ronaldson)

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: 02.11.16 - 23.1.16 (wed)
Time: 6.30 - 8.30pm

To book contact : dadswork@hotmail.co.uk or andrea.hewitt@nhslothian.scot.nhs.uk
Tel: 01506 524020 (Andrea Hewitt) or 01316650848 (Kevin Young)



Helping you talk to your children about sex, relationships and growing up. A course for mums, dads, carers of children of all ages.

Venue

Musselburgh East Community Learning Centre
Dates: 23.9.16 - 04.11.16
Time: 9.30 - 11.30am
Contact: pmartin@eastlothian.gov.uk or ddoherty@eastlothian.gov.uk
Tel: 01316652804 or 01875824136



Relationship based early intervention approach that combines support for parents and specific work on the parent and child relationship. Design for parents with children under 5 years old.

First Step Community Project
Dates: 5.10.16 - 8.2.17
Times 9.45am - 2am
Age Range: 0 - 2.5 years
For referral form contact:
www.firststepmusselburgh.co.uk or contact Harriet Drury/Sandra Brown on 01316650848
fmaclean@eastlothian.gov.uk or Fiona Maclean on 07710385196