

## Seedlings Session Timetable

### **9:45am – Doors Open**

Toys, games and a baby area are available in the main hall.  
The craft activity is available in the coffee lounge.

### **10:30am – Refreshment time**

Drinks and snacks are available in the coffee lounge  
*During this time the toys are cleared away*

### **10:45am – PlayTime**

Sit and ride toys are out in the main hall  
Baby / quiet area is in the coffee lounge for those wanting to  
avoid the chaos of sit and ride fun!

### **11:05am (ish!) – Singing Time**

*The sit and ride toys are cleared away*  
We all gather together in the main hall for a time of singing.

### **11:15am – End of Session**

See you next week!

# Seedlings

**Fun time for parents and toddlers**

## WELCOME LEAFLET

Welcome to Seedlings, we're really pleased you've joined us this morning. If this is your first visit to our group please pick up this lovely leaflet that will tell you everything you need to know about the group. If you have any questions or need to know anything then please come and ask us as we'd be more than happy to help in any way we can.

We're really pleased you've joined us at Seedlings parent and toddler group at Upper Stratton Baptist Church!

We, the team, would like to welcome you and we'll do all we can to help you feel part of our happy group.

Seedlings is open on Friday mornings 9:45 – 11:15am. Please note that we run our group during school term time only.

We're sorry that the entrance foyer is a little bit small so please park your buggy carefully ensuring that people are able to get to the doors so they can go out to the toilets.

When you arrive please could you sign in using the form on the table and help out our refreshment team by indicating if you would like tea or coffee at refreshment time. We ask for a £1 donation per family per session. This enables us to buy the refreshments and craft resources for the group and buy new toys; however if you feel unable to pay for whatever reason please do not worry at all.

The toilets are located outside in the courtyard. If you go out the foyer doors into the courtyard, walk forward and the toilets are on the right. There are nappy changing facilities in the disabled toilet. If there is anything you need during a session please just ask.

At the end of every session we have a singing time; please sit with your child and encourage them to join in with us. If you would like to lead a song or two then please let us know as we love this time to be a real group activity.

It is important that every member of the group feels relaxed, supported, safe and secure – and has fun – while they are here. For this reason may we remind you that when you register each week you are agreeing to follow a few simple ground rules that will help us enjoy our time together:

Your child's safety, the way s/he relates to and plays with other children, are your responsibility. So if s/he's about to throw a brick – intervene!

If another parent expresses concern about an action of yours or your child's, listen graciously. Explore each other's point of view, even if you don't agree, or feel you have been misunderstood. Stay friends!

Appreciate the team members who are here to organise and facilitate the group, but who are also part of our group family.

Look after, and encourage your children to look after, the room, the equipment and each other, and take care with drinks, buggies and belongings.

We do value your comments on the group, and would also like to know if you have any concerns or suggestions about how we can do things differently. Please do let us know - This is your group and we always welcome your input.

We also welcome any questions you have about Upper Stratton Baptist Church – our parent and toddler group is run by members of the church. The church also runs a weekly club for children ages 6-11 (KidzClub) and a youth club for young people (oZone) and from time to time we run special events for families. Every Sunday there is a family church service with activities for children at 11am as well as special services at Christmas, Easter and Harvest - You are very welcome to join us at any of these.

Above all – have fun and enjoy being together!

PS If you need to contact us outside of group times please call the church office on 01793 831535 or email [admin@usbc.org.uk](mailto:admin@usbc.org.uk)