



# Autumn 2022 – 23



## Family Hub

# Timetable

### Come and Ask sessions

Our FSW team will continue to hold Come and Ask sessions fortnightly during the summer term. One-hour appointment slots are available every other Thursday morning between 9:00am and 1:30pm. All appointments are booked via Eventbrite using the below link.

**Booking link:** [KFH Come & Ask - Autumn 2022](#)

#### Dates for sessions are:

Thursday 15<sup>th</sup> September 2022  
Thursday 29<sup>th</sup> September 2022  
Thursday 13<sup>th</sup> October 2022  
Thursday 3<sup>rd</sup> November 2022  
Thursday 17<sup>th</sup> November 2022  
Thursday 1<sup>st</sup> December 2022  
Thursday 15<sup>th</sup> December 2022

If you would like to attend a Come and Ask session but are unable to do so on a Thursday morning, please contact [fsw@kite.academy](mailto:fsw@kite.academy).

### Stay and Play sessions

Please come and join us for a cuppa and meet other local parents and carers, while exploring books, toys and messy play with your under 5s. The session will end with a group rhyme time and story. All sessions are held at the Kite Family Hub and run from 9:00am – 10:30am.

#### Dates for sessions are:

Tuesday 27<sup>th</sup> September 2022  
Thursday 20<sup>th</sup> October 2022  
Tuesday 15<sup>th</sup> November 2022  
Thursday 8<sup>th</sup> December 2022



**Booking link:** [KFH Stay & Play - Autumn 2022](#)

### Workshops

#### Routines

During the autumn term we will be providing some additional support for families regarding routines. This will include short videos on our website focusing on the importance of clear and consistent routines for children.

We will explore the positive benefits that predictable routines have on our children's wellbeing, including looking at how to set these up and implement them. Routine examples within the recordings will focus on the below, though the strategies will be transferable to other elements of home life.

- Mornings
- Home schooling/learning
- Bedtimes

Further details to follow.

