

About Space for you and your baby

Space for you and your baby is *mainly* for first time parents and their babies. Parents and their babies meet each week for 30-40 weeks in a relaxed parent and baby friendly atmosphere where many relationships are formed.

Sessions run for approximately 2 – 2 ½ hours, and include:

- The opportunity to meet and get to know other new parents
- Discussions on relevant child development and parenting topics
- Play sessions with equipment that supports baby’s learning and development
- Rhymes, music and books for babies
- Ideas for homemade resources

Space for you and your baby has a flexible structure and curriculum, and is adapted by each organisation to be delivered in a way that best fits with the needs of their community, and the culture of the organisation delivering the programme.

There are a range of Early Childhood Centres, Faith Based and Community Organisations delivering Space for you and your baby. They are held in a range of venues including Church rooms/premises, Early Learning Licensed Centres, Community Buildings, or in a parent’s home. Some organisations have Centres that are running multiple programmes a week, and which also provide a community hub for parents.

Families currently enroll in Space for you and your baby through the organisation delivering the programme. Babies joining a new session are generally between 3 weeks and 4 months of age and parents stay on session with their babies. Older babies can join in with an existing session depending on the availability of places.

Space for you and your baby has **two** focus areas, the first being ‘The Heart of Parenting’ and ‘The Growing Child’. The second is on exploring play and concentrates on providing play experiences for the infants alongside their parents.

Discussion topics covered in the heart of parenting & the growing child may include:

Becoming a Parent	Getting to know you and your baby
Reflective Parenting	Understanding Me
Stimulation	Establishing Attachment
What do I Hear?	What do I See?
See Me Move	Treasure Baskets &Heuristic Play
Understanding Thinking	The Beauty of the Brain
Work/LifeBalance	Uniquely You – Understanding Temperament
Sleeping	

The discussion topics covered vary according to group interests or needs. Occasionally guest speakers can be invited to deliver specialised topics, for example Baby CPR, Baby Massage.

The discussion topics are constantly evolving in response to what parents are facing. This keeps the curriculum relevant and up to date.

A Typical Space for you and your baby

Focus: The Heart of Parenting & the Growing Child

Informal time of welcoming, relaxing & interaction

Thoughts and sharing moments

Songs, music/movement, rhymes and books

Discussion or guest speaker on the topic of the week, such as:

- *Becoming a Parent*
- *Reflective Parenting*
- *See Me Move*
- *Uniquely You – Understanding Temperament*
- *Establishing Attachment*

Continuing opportunities for play throughout the session, including Heuristic play, playfulness and tactile experiences

Making resources

Social time

Focus: Exploring Play

Informal time of welcoming, relaxing & interaction

Introduction to, and exploration of areas of Play such as:

- *Puzzles*
- *Tactile Experiences*
- *Water Play*
- *Playfulness*
- *Sand Play*
- *Messy Play*

Songs, music/movement, rhymes and books

Continuing opportunities for play throughout the sessions

Social time



Welcome, Settling in

Closing the Session



Reading to infants



Activity to make



Learning & engaging through Play



Sharing moments – getting to know one another; parenting; infants learning & development; topical



www.space.org.nz

Treasure baskets – babies' exploration time



Music, Movement, Rhymes

Discussion Forum - Topic on Parenting or Infants Learning & Development – Facilitated & includes occasional Guest Speakers

