

# delivering classes

We are back delivering in person baby classes and couldn't be more excited to help support new parents by providing them with amazing information and play opportunities.

We deliver our sessions in a bright, encouraging and positive way to give our community positive opportunities to interact with their baby within their day.



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This printable has been put together to support our in person class delivery.

## **Before the session**

- Set up your class making sure that the mats are out and wiped and the three exploratory play areas are set up and ready before the class begins
- make sure the resources laid out are safe, please don't use any worn or broken resources, remove them from any play space
- tidy any spare kit away to the side of the room
- have your led play kit ready, please hand it out as you go through the activities
- be playing music as people come into the room to create a positive atmosphere for them arriving

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## At the start of the session

- Be at the door of the venue to meet and greet your participants, give them information on where to put their prams and that they can take a space on a mat
- Please introduce yourself, we often have other parents, or new people at classes and we want to make sure that everyone feels included and comfortable
- explain the benefits of sensory play, that we are completely baby led (that they can feed, change and move about during class)
- play - rest - play
- explain where change facilities/toilets are
- explain the theme and the benefits to their little one and that we are going to talk them through
- ensure that we give everyone a safety warning. To keep their little one in eye sight & arms reach at all times and to ensure that every thing they hand to their little one is appropriate for them to play with.

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## During the session

- explain each activity really clearly at each session, ensuring you demonstrate the activity
- give safety warnings - e.g. this toy shouldn't go near mouths, clearly
- play music via speaker and ensure that the volume is an appropriate level
- use provided playlists with nursery rhymes for the main activity tracks
- keep an eye on those not interacting with others introduce new parents who may not know anyone to someone else
- be really encouraging and positive and note anyone having difficulties so we can approach them and offer any extra support
- tidy after led play to keep our environment as clear of hazards as possible, be aware of chiffons, they are slippery!
- after the break ensure you've got everyone's attention for safety warnings and explanation of exploratory play spaces
- keep watch over exploratory play areas, tidying as required
- wipe down led play toys using milton wipes for next session

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## At the end of the session

- thank everyone for coming, we really appreciate they chose to spend time with us!
- remind them that their little one may be hungrier than usual and more tired than usual
- let them know that they can access additional online classes and trainings through their online dashboard
- wipe down resources and roll in clean blankets ready for next ven

