



FAMILY WORKSHOPS



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OUR COMMITMENT

We know parenting can be amazing and rewarding but it is not without its challenges.

We aim to support families in their journey and make life that little bit easier by bringing you good quality, evidence based workshops on a variety of popular topics.

The first 1000 days of a child's life is important. Let us help you to help them.

HOW IT WORKS

- Each workshop is around a 3- 4 hours.
- Group workshops are P300 per person.
- 1:1 Trainings in your own home start from P600
- Contact us for bespoke training to meet your family's needs

OUR QUALIFICATIONS

Workshops are devised and run by the SensoBaby Team
Caroline Gartland: BA(hons), MSc Mental Health & Psychological Therapy, Infant Mental Health, Play
Cheralize Scholtz: BEd Education, Developmental Play Practitioner, Tummy Time Practitioner





OUR WORKSHOPS

NURTURING CARE

- Based on the International Nurturing Care Framework
- Health & safety
- Bonding & attachment
- Infant care
- Infant development and promoting early play time

STARTING SOLIDS

- Creating fun, family eating habits
- Exploring nutrition
- Methods of weaning
- Recipes and ideas
- Healthy approaches to mealtimes

TUMMY TIME

- Importance of Tummy Time for global development
- Play at home ideas
- Gross motor and fine motor development
- Sensory Play
- A fun, interactive workshop

MEETING MILESTONES

- How children develop 2-5
- Meeting milestones
- Gross motor and fine motor development
- Emotional and social development
- Cognitive development
- Importance of play

SMALL PEOPLE, BIG EMOTIONS

- Understanding child emotional development
- Evidence based ways to guide behaviour
- Dealing with tears and tantrums
- Building emotional resilience

PATTERNS OF PLAY

- Explore common patterns of play and what they tell us about development
- Child observation and understanding behaviours
- Know how to scaffold play



FAMILY FIRST AID

- Led by Rescue One
- Learn life saving CPR and other essential first aid skills or choking, burns, falls and common injuries.



SCHOOL READINESS

- Know how to support your child to start school
- Games and play for gross and fine motor skills
- Learning letters and numbers
- Support emotional development

BABY MASSAGE

- Learn a lovely ritual to help you bond with your baby
- From 6 weeks to crawling
- Gentle, sensory stimulation to nurture baby and relax you as a caregiver

CHILD ANXIETY

- Support your child's emotional development
- Learn playful techniques to manage anxiety
- Understand how anxiety works
- Spot the signs and know how to help your child

