



MONDAY 9 NOVEMBER 2020

Zoom with the Museum: Breastfeeding Animals

10:30 am - 11:15 am

Join Natural Science Curator Rebecca on Zoom to find out about Breastfeeding in the Animal Kingdom. Rebecca will show you some of the fascinating taxidermy animals with a virtual tour of Leeds Museums. This is an informal conversation, designed for new parents with babes in arms, or Moses baskets, or whatever is comfortable, from the comfort of your home. Bring a cuppa (if you can reach one), breastfeeding and bottle feeding is of course welcome during the session. Cameras can be turned on or off, and you can ask questions during the session too.

Organised by Leeds City Museum - [More details can be found here >>>](#)

Baby Moo - Taster Session with Moo Music

Suitable for 0 - 1 years approx.

1:30 - 2pm

Baby Moo - suitable for 0 - 1 years approx. Experience our original music for some MOOsical fun with your little one. Music is an essential part of every child's development and the 125 original Moo Music songs used at the sessions are positive, uplifting, fun and educational. The interactive sessions will help your child gain confidence and develop memory, language and coordination skills in an exciting, enjoyable and multi-sensory way.

Find out more by contacting caroline@moo-music.co.uk and more about your local sessions here: <https://www.moo-music.co.uk/areas/leeds>

Welcome to Baby Week Leeds 2020: Family friendly LIVE Stream

5:30pm on Facebook

Join Lucy Potter, founder of Baby Week with some of our favourite partners including BoomChikkaBoom, Made with Music, Rainbow Factory, Yorkshire Tots & Mumbler Leeds for a digital welcome to the 5th Baby Week Leeds! More details to follow.

Organised by Baby Week Leeds - [More details can be found here >>>](#)

Daily Storytime's as Leeds Libraries celebrate Baby Week

Various times

Follow Leeds Libraries on our [Facebook](#) and/or [Twitter](#) where we are sharing a daily story time from our favourite guest Authors, Illustrators and Storytellers every morning (Mon - Fri), as well as lots of hints and tips for reading with your baby too. During Baby Week we will be also highlight a selection of brilliant parenting books, eBooks and eMagazines that are available to borrow through Order and Collect on our [library catalogue](#) or reserve and download on Leeds Libraries [Borrowbox](#) and [RBdigital](#).

Don't forget, Libraries are a Bookstart collection point, please ask at your local library if you haven't received your free Bookstart Baby pack by the time your child turns one, or the Bookstart Treasure pack before they turn five

[Leeds Libraries](#)

Children's Centre in Leeds: Free Activities, Planned Walks, Baby Book & Boutique Collection (Everyday at different times, virtual and in-person events).

This year, engage with children centre's and your local group online. Play and explore through lots of fun including exploration and discovery, messy play, sensory play, baby massage and yoga. Doorstep visits to families with babies to deliver information/home learning packs (on current working with list) and so much more. **Booking details & full calendar of events in the link below.**

[View the full schedule of each activity / event by Children Centre's in Leeds here >>>](#)



*45+ Activities by Children Centre's across Leeds, click the image for programme.

TUESDAY 10 NOVEMBER 2020

Best Start | Experiences during Covid-19 | Maternity Conference

Baby Week Leeds 2020 FREE Webinar

12:30 - 15:30pm

The theme for this year is 'Stay Safe, Stay Connected'! To mark 5 years, Baby Week will focus on five of the 17 United Nations Sustainable Development Goals: good health and well-being, reduced inequality, sustainable cities and communities, climate action and no poverty. The conference welcomes professionals from many backgrounds as well as anyone who has an interest in supporting the best start ambition for all children. Topics include: Mental health & wellbeing, local and national experiences during Covid-19, Brain development, early years, health inequalities, Oxford Brain Story and Best Beginnings.

[Online conference details - BOOKING REQUIRED here >>>](#)

Leeds Baby Week Postnatal Yoga

9:30 - 10:00am

Yoga is a safe and gentle way to return to exercise and is perfect for the postnatal period. Join me to feel empowered when learning about your body and how it has changed post pregnancy. I will guide you through a short sequence so you feel rejuvenated by working with your body to rebuild your core strength. Suitable for those who are 12 weeks postnatal and have prior clearance from their doctor.

For more information please contact Jess at: jessevansyoga@gmail.com or book your place here: <https://jessevansyoga.as.me/leedsbabyweek>

Baby Basics First Aid Taster by Daisy First Aid

10:00 - 11:00am

Join Nic for a special baby basics first aid class via Zoom. This will include what to do in an emergency, baby recovery position & CPR, baby seizures and spotting signs of Meningitis and Sepsis.

For more info or to book, www.daisyfirstaid.com/daisy-first-aid-leeds

Organised via Zoom by Daisy First Aid Leeds-

Wellbeing For New Parents

10:30 - 11:30am

Everyday self-care ideas for new parents, fun mindfulness activities, Information on local & online wellbeing resources, informal discussions around wellbeing & parenthood in a safe space with a 'Your Space' team member. **For more info or to book,** please contact Kim on 07341547493 or king@touchstonesupport.org.uk Bespoke sessions for groups also available.

Organised via Zoom by Your Space, Touchstone - [Please book your place here >>>](#)



Pre & Post Natal Mama & Me Fitness Class Taster

9.30am at PJ's Gym in Cleckheaton and 11.30am at Iveridge Hall, Rothwell

Mama & Me Fitness provide safe and effective workouts for mums and mums to be.

Pre & Post Natal Specialist instructor – so you can enjoy Mama & Me Fitness from pregnancy right through your maternity leave and beyond. Classes can be adapted to suit your fitness levels and are suitable for all abilities and are now Covid-19 safe. Bring your babies along – no need to arrange childcare and your baby can see you at all times, so you have peace of mind that your baby is safe and happy whilst you get the most out of your workout and meet like-minded mums. Online classes also available.

Booking required so please email: steph@mamaandmefitness.co.uk and book via: <https://mamaandmefitness.co.uk/>

Little Seedlings Baby Development classes

2:15 - 3pm

Suitable for aged 2-12 months (age specific classes available in blocks of 6 sessions)

Covering story and rhymetime, themed activities to an area of learning and messy play. My groups are an informal session which gives you the chance to gain ideas on how to support your babies learning at home through play.

Book your free taster session by contacting Lucy at: littleseedlingschapela@gmail.com and visit www.littleseedlingsuk.com for more information regarding groups.

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Baby Week Bradford 2020 - Why Wellbeing Matters

All Week

We're delighted to present such a packed programme for this year's Baby Week Bradford. There are over **30** free events and activities on offer led by organisations across the Bradford district.

A BIG thank you to all the organisations across the district who are putting on events or getting involved in other ways before and during the week, especially at this time when things are so challenging for everyone. Why Wellbeing Matters As the pandemic continues, it feels more important than ever to focus on the youngest members of our community and all those taking care of them. With this in mind, we chose the theme Why Wellbeing Matters as a focus for this year's Baby Week Bradford.

Find out more here: <https://www.betterstartbradford.org.uk/nurturing-knowledge/baby-week-bradford/>



WEDNESDAY 11 NOVEMBER 2020



Bumps and Buggy Fit - Organised by Bumps & Babes & Leeds Girls Can

1pm

Booking required - Wednesday 11th November Middleton Park booking is essential due to limited numbers to ensure COVID compliance - This is a fabulous low impact outdoor fitness class for new mummies with babies in buggies. One of the best ways to aid recovery after birth and help you feel fit and strong for the rigors of parenthood. Great fun, friendly and suitable for all abilities. Once booked we will ask you to fill out a health screening form and send you further details re: social distancing etc. Please press [here to book](#).

Mums Online Cuppa and a Catch-Up with Mumbler

Online - Booking Required

Join us with Leeds Mumbler for a virtual cuppa and catchup! More details to be added soon. In the meantime, check out their fantastic website: <http://www.leedsmumbler.com/>

Book your place here:

<https://wharfedale.mumbler.co.uk/event/leeds-baby-week-2020-online-cuppa-and-a-chat-for-new-mums-with-mumbler/>

The Big Leeds Latch On and Baby Massage with Bosom Buddies and Marie

10:30 - 11:30am

Leeds Bosom Buddies and Armley Children's Centre have been collaborating in lockdown and now want to celebrate by bringing you an extra special session in baby week. This will include the chance to talk to mums who've breastfed through the pandemic and celebrate the resilience shown. We will end the session with some relaxing baby massage techniques so please feel free to join in.

To register for the Zoom session please email suzanne.tobin@healthforall.org.uk

Or join Leeds Bosom Buddies Support Group on Facebook.

Baby Massage Free Taster Session with MamasCan

1:30pm

Baby massage is a fantastic way to bond with your baby while learning to ease symptoms of common baby complaints such as teething, colic and indigestion. It is proven to improve baby sleep, reduce crying and also supports baby's body awareness and integration of their senses.

Please check out their website and book via their contact us page: <https://www.mammascan.co.uk/>

Antenatal Class Free Taster Session with MamasCan

2:30pm

We offer antenatal classes to suit everyone from first time parents onward. This particular class will touch upon hormones and the stages of labour. We offer movement & relaxation, antenatal education, hypnobirthing and infant feeding support.

Please check out their website and book via their contact us page: <https://www.mammascan.co.uk/>

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THURSDAY 12 NOVEMBER 2020

Join us for a fun filled Taster Thursday!

Mixed Moo - Taster Session with Moo Music

Suitable for 0 - 5 years approx.

10:30 - 11am

Mixed Moo suitable for 0 - 5 years approx. Enjoyable Interactive MOOsic and MOOvement classes for all ages. Music is an essential part of every child's development and the 125 original Moo Music songs used at the sessions are positive, uplifting, fun and educational. The interactive sessions will help your child gain confidence and develop memory, language and coordination skills in an exciting, enjoyable and multi-sensory way.

Find out more by contacting caroline@moo-music.co.uk and more about your local sessions here: <https://www.moo-music.co.uk/areas/leeds>

ChildsSide's Older Yet Wiser Baby Week "Transition Tips" Webinar

11am - 12 noon

ChildsSide's Older Yet Wiser Baby Week Bradford "Transition Tips" webinar is on 12 November, 11-12. Let's talk about what works and what doesn't - how to get from A to B without tears and tantrums. For all grandparents involved in caring for their grandchildren. We will send the Zoom information and look forward to meeting up virtually – hope to see you there. This webinar is a taster for our upcoming Older Yet Wiser workshops in Bradford due in 2021 – see our website for more

information: www.childsside.com

Reserve your place here: <https://www.eventbrite.co.uk/e/childhood-transition-tips-for-grandparents-tickets-124265913693>

Pre & Post Natal Mama & Me Fitness Class Taster

9.30am at PJ's Gym in Cleckheaton and 11.30am at Iveridge Hall, Rothwell (tbc)

Mama & Me Fitness provide safe and effective workouts for mums and mums to be. Pre & Post Natal Specialist instructor – so you can enjoy Mama & Me Fitness from pregnancy right through your maternity leave and beyond. Classes can be adapted to suit your fitness levels and are suitable for all abilities and are now Covid-19 safe. Bring your babies along – no need to arrange childcare and your baby can see you at all times, so you have peace of mind that your baby is safe and happy whilst you get the most out of your workout and meet like-minded mums. Online classes also available.

Booking required so please email: steph@mamaandmefitness.co.uk and book via: <https://mamaandmefitness.co.uk/>

Hypnobirthing Taster Session (Includes 15 minute relaxation session)

12 - 1pm

Join in to learn more about the benefits of relaxation for parents and babies during pregnancy, and labour and birth, and how hypnobirthing can provide you with tips and tools towards a positive birth. Includes a 15-minute relaxation session. More information and to book, please contact [Emily Smith](mailto:emilysnct@gmail.com)

Family Support: emilysnct@gmail.com

Please book using this form: <https://forms.gle/d2qHETwkNizFzRR9A>



Understanding your new baby - Taster Session with Family Dynamic

1 - 2pm

Have the best relaxed start with your baby by meeting their and your needs. In this virtual taster session you will learn about the transition into this world for your baby, their development and needs in the first months. We will end the sessions giving you tools to help connect with and calm your baby.

Email hello@familydynamic.net or more information.

Book your place here: <https://www.eventbrite.ie/e/understanding-your-new-baby-taster-tickets-125129609029>

No Bake, family bake and nutrition workshop

2 - 2:30pm

LIVE on Facebook

We are Paul and Lizzi, parents with two local businesses; Gold'nBrown, a baking business headed-up by Paul who creates amazing cakes and bakes (we baked the Babyweek event cake last year!) and NutriCoach which qualified Nutritionist and Chef Lizzi runs, providing personalised nutrition plans. The two businesses go together well as Lizzi's coaching focuses on intuitive eating rather than restrictions. We are joining together for Babyweek for a no-bake, bake that the whole family can join-in with. We will be explaining the nutrients in the ingredients as we make granola cups. A tasty snack that will only need oats, oil/butter and honey plus any toppings you'd like to add like chocolate, peanut butter, yoghurt and fruit.

Further info about NutriCoach services including weaning support is here: <https://www.facebook.com/nutricoachmumma/>

Postpartum: Because becoming a Mother doesn't end at Childbirth

8 - 9pm

What if we planned for postpartum and our life after becoming a mother, just like we prepare for childbirth? Join me for this free introductory zoom, where we will discuss what it means to be a Mum, juggling modern day life. We will introduce you to 'Matrescence' and the changes women go through when becoming a Mother and their journey through Motherhood. What is Matrescence? Just like the well recognised transition to adolescence, matrescence is life changing, empowering and huge. If you can't make this one, join us on Saturday at 10am.

Please register your interest via this post and a zoom link will be shared with you closer to the event: [Http://www.facebook.com/events/3328043050637309](http://www.facebook.com/events/3328043050637309)

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FRIDAY 13 NOVEMBER 2020

Ask the experts! Discuss all things maternity, birth and beyond at our webinar

Aimed at expectant and new parents

11:30 - 12:30

Hear about what we have been doing to improve maternity services and to help families get the best start in life. Tell us about your experiences and help to shape future plans. Ask the experts any questions in our informal q&a session on zoom! There will be the chance to ask the Leeds doctors and midwives any questions which you might have about maternity services. More details to follow.

[Online webinar details - BOOKING REQUIRED here >>>](#)

The Little Gym Leeds - FREE sessions for age 4 months - 12 years

Online & Sessions

Looking for baby and infant activity videos for your child? For every stage of your child's development – from 4 months to 12 years – The Little Gym offers a diverse line up of classes filled with movement, music, learning and laughter. Your little ones will make friends, reach developmental milestones and build self-confidence while having Serious Fun. Call us to book your first class! Parents join in and enjoy precious learning and play time together.

<https://www.youtube.com/playlist?list=PL0sBCnDekgo0rtrkXeAnCkgYkB0AHZdKz>

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Various times

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SATURDAY 14 NOVEMBER 2020



Dear Future You - Digital Campaign

'Dear Future You' is an exhibition of handwritten letters from parents and carers to their children during the COVID-19 pandemic. Graphic designer Helen BarlowScott from [One Line Design](#), and a [Women Friendly Leeds Ambassador](#) have partnered with Baby Week, to open the opportunity to parents and carers, in Leeds, who have had their babies in lockdown. We can also share them on social media (anonymously) for people to hear about other experiences and make positive connections. During this pandemic we all face challenges as parents and carers. The loss of physical contact with loved ones, friends, teachers, Grandparents, wider family and friends contributes hugely to this challenge.

By writing a letter for your baby to read in the future the focus is on the new, inspiring hope. Contributors can read each other's letters, make positive connections and meanings, and nurture a network of support and creativity, through shared experiences. Even though we are not all in the same boat, we are all riding the same storm.

[Full details to enter your submissions below.](#)

We have an exciting prize draw sponsored by our partner [Crowne Plaza Hotel Leeds](#) open to all parents, carers and expectant parents involved during the week or entering the #DearFutureYou letters, for a chance to WIN an overnight stay with breakfast, £100 Gift Card Baby Bundle by [Prince Lionheart](#) & a Parent Pamper Hamper by [Scent Salim](#).

Dear future you,

Dear future you,
A digital exhibition of handwritten letters from parents, carers and grandparents to their children during the covid19 pandemic.

Reaching out to all new mums to get involved for Baby Week 2020

How to take part:



1. Handwrite a letter to your baby (or other child) for them to read in the future, about what life has been like in lockdown and during this pandemic, particularly about your experience of having your baby



2. Take a photo, or a few, (in square format) and email it to Emily: emilyt@leedsomensaid.org.uk or message via facebook: www.facebook.com/womenfriendlyleeds

The letters will be published as part of an ongoing Instagram exhibition. The exhibition is about making positive connections. By writing a for your baby to read in the future, the focus turns to the new, helping to process the now and inspiring hope.

There is no maximum or minimum word count. You can submit anonymously, but please also like, share and comment on others. There is no set tone. Just be yourself. Some are funny, some are sad, some give insight into mental health and wellbeing, many are empowering.

Donations raised will go to:



<https://www.justgiving.com/crowdfunding/dearfutureyou>

Visit the exhibition online:



Instagram

@DearFutureYou2020
<https://www.instagram.com/c.c.f.futureyou.2020/>

With support:



#BabyWeekLeeds
#DearFutureYou

Postpartum: Because becoming a Mother doesn't end at Childbirth

10 - 11am

What if we planned for postpartum and our life after becoming a mother, just like we prepare for childbirth? Join me for this free introductory zoom, where we will discuss what it means to be a Mum, juggling modern day life. We will introduce you to 'Matrescence' and the changes women go through when becoming a Mother and their journey through Motherhood. What is Matrescence? Just like the well recognised transition to adolescence, matrescence is life changing, empowering and huge. If you can't make this one, join us on Thursday at 8pm!

Please register your interest via this post and a zoom link will be shared with you closer to the event: <http://www.facebook.com/events/694321207893825>

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SUNDAY 15 NOVEMBER 2020

Pram friendly Dads and Kids Walk with Leeds Dads

11am

Meet at 10:45 with an 11:00 kick off. We now have officially trained Walk Leaders (by Active Leeds on behalf of Walking for Health/Ramblers Assn) to keep things safe and running smoothly on the day. The route will be tested and a route map will be available. Ice creams (just for the kids) still included! . More information including location will be added soon and can be viewed [here](#).

Location to be shared soon.

Leeds Libraries celebrate Baby Week

Various times

During Baby Week we will be also highlight a selection of brilliant parenting books, eBooks and eMagazines that are available to borrow through Order and Collect on our [library catalogue](#) or reserve and download on Leeds Libraries [Borrowbox](#) and [RBdigital](#). Don't forget, Libraries are a Bookstart collection point, please ask at your local library if you haven't received your free Bookstart Baby pack by the time your child turns one, or the Bookstart Treasure pack before they turn five!

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Cheshire and Merseyside Baby Week - 16 - 22 November 2020

(Goodbye Baby Week Leeds & Bradford)

Cheshire and Merseyside Baby Week will be taking place from the 16th to 22nd of November. A joint enterprise with [Bradford & Leeds Baby Week 9 -15 November 2020](#). It is a trans-Pennine collaboration – FREE to join wherever you live or work! We've got a host of [exciting events](#) lined up for the week that we're sure you'll find both educational and entertaining. From a [conversation with the Cheshire and Merseyside Maternity Network](#) to learning [how to support men's participation in raising a child](#), we've got multiple events planned for every day of Baby Week!

[Find out more and enjoy the week here >>>](#)

Cheshire & Merseyside



Baby Week
2020

Find out more:

- Website: www.babyweek.co.uk
- Email: info@babyweek.co.uk / babyweekleeds@outlook.com
- Facebook, Instagram, Twitter: @BabyWeekUK
- Social Media: #BabyWeekLeeds #BabyWeek2020 #DearFutureYou



Celebrating 5 years of Baby Week Leeds!
Many free digital events & resources due to Covid-19.

WWW.BABYWEEK.CO.UK

9 - 15
NOVEMBER
2020



FREE TASTER SESSIONS

Free sessions by partners with Moo Music, Baby Yoga & Massage, Hypnobirthing, Weaning & Sleep, Buggy Fit, Story-Time and many more...

ASK THE EXPERTS

Open to parents and parents-to-be to ask the experts questions around maternity, health and wellbeing, birth & beyond & share ideas!

FREE CONFERENCE

Half day conference for professionals focusing on maternity, best start, mental health, inequalities, experiences during COVID-19 and much more!

STAY SAFE, STAY CONNECTED

WITH BABY WEEK LEEDS 2020

DEAR FUTURE YOU

Join our #DearFutureYou campaign & write a letter to your baby about your lockdown experiences!

WIN

Our Baby Week Leeds Giveaway open to all participants & attendees!

Prize 1: Overnight Stay with Breakfast at Crowne Plaza Leeds

Prize 2: £100 Gift Card Prince Lionheart Baby Bundle

Prize 3: Parent Pampers Hamper from Scent Salim

