

14 - 20 NOVEMBER 2026

Coventry Baby Week

COVENTRY BEST START FAMILY HUBS

16 November

Baby Massage Taster Session
Aspire Family Hub
10am - 11am
Book on to an hour taster session to find out more about the 5 week programme and try some massage techniques.
Booking is required

Baby and Me and Open Baby Weigh Clinic
Pathways Family Hub
1.15pm - 2.45pm

Wellbeing walk & Coffee morning
11am - 12pm
Meeting at Park Edge Family Hub to start the walk together to The Moat Family Hub and then finish off with refreshments.

Buggy Fit Walk with Be Active Be Healthy
Families For All Family Hub
10.30am - 12pm
Fitness class for postnatal exercise

17 November

Baby and Me
Harmony Family Hub
9.30am - 11am

Baby and Me and Open Baby Weigh Clinic
Aspire Family Hub
10am - 11.30am

Buggy Fit Walk with Be Active Be Healthy
Mosaic Family Hub
10.30am - 12pm
Fitness class for postnatal exercise

Chat, Play, Read
Aldermoor Farm Library 10.30am - 12pm
Stoke Library 11am - 12pm
The session focuses on the everyday interactions that make the biggest difference in a child's early development.

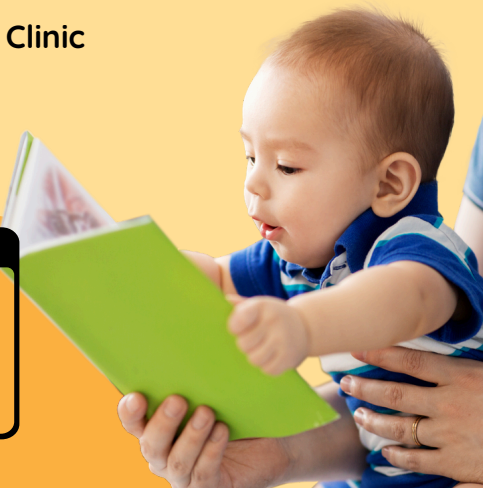
Baby and Me and Open Baby Weigh Clinic
Families for All Family Hub
1.45pm - 3.15pm

Baby Godvia will be attending all baby and me sessions across each family hub to offer care packs, resources and clothes for babies

Many events in November are on the website: www.babyweek.co.uk

There are many family friendly free activities and sessions during Baby Week!

SCAN HERE





14 - 20 NOVEMBER 2026

Coventry Baby Week

COVENTRY BEST START FAMILY HUBS

18 November

Baby First Aid
Delivered by the Family Nurse Partnership Team
The Moat Family Hub
10am - 11am & 11am - 12pm

A one-hour introduction to baby first aid, designed to help parents, carers, and grandparents feel more confident in responding to common emergencies. This practical taster session will cover key topics such as choking, CPR awareness, burns, bumps, and when to seek medical help, providing simple, potentially lifesaving knowledge
Booking is required

Buggy Fit Walk with Be Active Be Healthy
Pathways Family Hub
10.30am - 12pm
Fitness class for postnatal exercise

18 November

Baby and Me-Five To Thrive session and Open Baby Weigh Clinic
Park Edge Family Hub
9.30am - 11am
A Baby's brain needs 5 things every day to build strong brains and emotional health just like the body needs 5 fruit and veg a day!
Come along to find out more about what the Five to Thrive Approach can do to support your baby's brain development
No booking required.

Baby and Me and Open Baby Weigh Clinic
Wood Side Family Hub
1.30pm - 3.30pm

Baby Godvia will be attending all baby and me sessions across each family hub to offer care packs, resources and clothes for babies

Many events in November are on the website: www.babyweek.co.uk

There are many family friendly free activities and sessions during Baby Week!

SCAN HERE





14 - 20 NOVEMBER 2026

Coventry Baby Week

COVENTRY BEST START FAMILY HUBS

19 November

Baby and Me with the Health Visiting Team
Mosaic Family Hub
9.30am - 11am

Coffee Tots
Baby week special with Sensory Seekers
11.30am - 12.30pm
To celebrate Baby Week, sensory seekers are being joined by the Family Hubs for a beautiful, relaxed session with gentle lights, textures, colours and lots of opportunities for your little one to explore, discover and have fun in a relaxed baby-friendly environment.

Well Being Walk & Play at the Memorial Park
12pm - 1pm
Meeting at the park and ride bus stop with Fatherhood solutions and Parents in Mind followed by a 50things activities 1pm - 2pm at the visitors centre

19 November

Baby First Aid
Delivered by the Family Nurse Partnership Team
The Moat Family Hub
1pm - 2pm & 2pm - 3pm
A one-hour introduction to baby first aid, designed to help parents, carers, and grandparents feel more confident in responding to common emergencies. This practical taster session will cover key topics such as choking, CPR awareness, burns, bumps, and when to seek medical help, providing simple, potentially lifesaving knowledge
Booking is required

New Born Observations
Wood Side 1pm- 4pm
New Born Oberservations supports parents to understand their babys unique communication, development needs. fostersing a deeper connection between the parents and infant. For parents/caregivers of babies 0 - 3months
Booking required

Baby Godvia will be attending all baby and me sessions across each family hub to offer care packs, resources and clothes for babies

Many events in November are on the website: www.babyweek.co.uk

There are many family friendly free activities and sessions during Baby Week!

SCAN HERE





14 - 20 NOVEMBER 2026

Coventry Baby Week

COVENTRY BEST START FAMILY HUBS

20 November

Baby and Me and Open Weigh Clinic
The Moat Family Hub
9.30am - 11.30am

Chat, Play, Read
Canley Library
10.30am -12pm
The session focuses on the everyday interactions that make the biggest difference in a child's early development.

Nurturing Together Cafe afternoon
Mosaic Family Hub 1.15pm -2.45pm
Join us for a relaxed afternoon of conversation, connection, and support. Meet other parents and carers, enjoy refreshments, learn about local services, and take some time to focus on your wellbeing during Baby Week.

Smiles from the start Oral Health session
Families For All Family hub
1.30pm -2.30pm
A fun oral health session for parents, carers and children aged 0-2 years. Get practical tips on tooth brushing, healthy habits, and caring for your little one's smile from the start.

20 November

Baby Sensory
Wood Side Family Hub
1.30pm - 2.30pm
A warm and welcoming session for babies from birth to pre-crawling. Come and explore a variety of textures, movements, and sensory play designed to support your baby's early development while enjoying time together.

Baby and Me-Five To Thrive Showcase Session
Pathways Family Hub
2pm - 3pm
Baby brains needs 5 things every day to build strong brains and emotional health just like the body needs 5 fruit and veg a day! Come along to find out more about what the Five to Thrive Approach can do to support your baby's brain development **No booking required.**

Baby Godvia will be attending all baby and me sessions across each family hub to offer care packs, resources and clothes for babies

Many events in November are on the website: www.babyweek.co.uk

There are many family friendly free activities and sessions during Baby Week!

SCAN HERE

