

Why is play important?

Play is your little one's way of learning about the world around them. When your child hears, sees, touches, tastes or smells something, messages are sent to the brain and important connections are created.

Activities such as rocking, singing, playing peek-a-book, reading and mark making all help with bonding and the shaping of your child's developing brain.

As well as being great for your child, learning new skills, talking about parenting with other parents and carers and having some fun are all really important for you too.



How do I get involved?

The sessions are free, but places are limited and referrals can be made through your GP, Health Visitor, Social Prescribing Link Worker or through other partner organisations. You can also refer yourself if you feel you would benefit from the programme.

If you would like to know more about taking part, please email info@theatrehullabaloo.org.uk or ring 01325 405680 for a friendly chat about the programme.



THEATRE
Hullabaloo

NHS
Tees, Esk and Wear Valleys
NHS Foundation Trust

Tees Valley
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Let's **PLAY!**

THEATRE
Hullabaloo



Hello! It's time to play...



Are you a parent or carer of a child aged 4 years and under who would like to join others at The Hullabaloo to have some creative fun together?

Theatre Hullabaloo, in partnership with Tees Esk & Wear Valley NHS Foundation Trust, are launching a new weekly play programme to support younger children and their families who missed out on activities during the pandemic.

The programme is funded through social prescribing and is free for families to take part in.

What is Let's Play?

The programme includes:

- A free Hullabaloo Baby Play Pack (if your child is under 36 months)
- An opportunity to attend music and play sessions at The Hullabaloo
- Free online resources to support the Play Pack and give you extra ideas



What's in a Hullabaloo Baby Play Pack?

In your pack you will find:

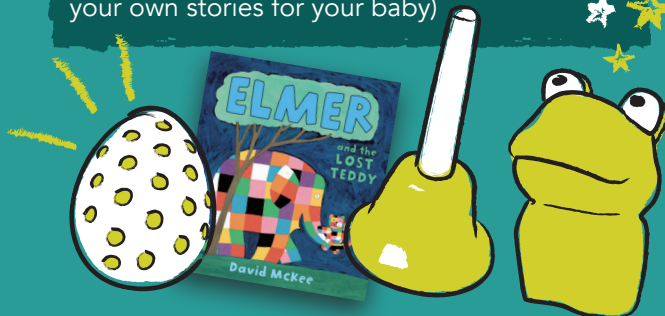
A Hullabaloo Baby Playbook with suggested activities, words to songs and ideas about how you can extend your play with things you have at home

A shaker for you and your baby to make music together

A board book Elmer and the Lost Teddy by David McKee, so you can snuggle up and enjoy a story

A colourful scarf (for hours of peek-a-boo fun)

Two finger puppets (so you can start making your own stories for your baby)



What are the online resources like?

Short, easy to follow video clips showing you how to get the most out of your Baby Play Pack and giving you other creative ideas to use at home. These include songs, storytelling and ways to play creatively with the objects supplied the Play Pack.



What should I expect from a session at The Hullabaloo?

When you visit our specially designed venue for children and families you will be able to:

- **Learn simple, fun, creative activities** (including songs) that you can enjoy with your little one at home, using the resources in your Hullabaloo Baby Play Pack
- **Enjoy time with your little one** in our sensory creative play space
- **Meet other parents and carers** in a relaxed, friendly setting and give your little one the opportunity to play with other children their age
- **Enjoy tea, cake and chat** with other families and our Hullabaloo Hosts