

BABY WEEK 2026 Saturday 14th to Friday 20th November

Saturday	Monday	Tuesday	Wednesday	Thursday	Friday
Baby Week Launch Whitehaven Library Lowther street, CA28 7QZ 10:00am - 2:00pm (For children aged 0-5 and their families) Meet Paddington Bear. Free Story Sack Making and take home your own story sack. Story telling sessions. Meet a wide variety of partners offering advice on babies, parenting and family life	Sensory Room (Bookable) Howgill Babbling Babies 10:00am - 11:00am #Coffee & Craic 2:00pm - 5:00pm Family Hub Hangout 11+ 4:00pm - 6:00pm	Sensory Room (Bookable) Baby Buddies (baby Week Focus) 9:30am - 10:30am Play Space 1:00pm - 3:00pm Baby Essential Paediatric First Aid 1:30pm - 2:30pm @Valley Family Hub (Please see information on reverse of timetable)	Sensory Room (Bookable) Benefits & Employment Drop-in 10:30am - 11:30am Little Learners (Baby Week Focus) 1:00pm - 2:30pm Baby Shower 4pm - 6pm	Sensory Room (Bookable) Together We Sling Library 11:30am - 1:30pm (19th November, 3rd & 17th December)	Sensory Room (Bookable) Story Hunt Walk @Hub on the Harbour 9:30am - 11am Play Space 10:00am - 12:00pm Family Hub Cuppa & Chat 1:00pm - 3:00pm Play Space 1:00pm - 3:00pm
	Play Space @ Valley Family Hub 9:30am - 11:30am Baby Buddies (Baby Week Focus) @ Valley Family Hub 1:30pm - 2:30pm	Infant Massage @ Valley Family Hub Bookable 10:00am - 11:30am	Baby Buddies @ Egremont Family Hub (Baby Week Focus) 10:30am - 11:30am Little Strollers @ Egremont Family Hub 11:30am - 12:30pm	Little Storytellers @ Egremont Family Hub 1:00pm - 2:30pm	

Sensory Room: A calm and engaging space designed to stimulate senses through light, sound, texture and movement. Suitable for ages 0-19 (25 with SEND). **Please contact the Family Hub to book.**

Play Space: A parent led drop-in session where parent/carers are encouraged to play and interact with your child/ren in a friendly environment. Suitable for children 0-5 years.

Baby Buddies: An interactive group for bumps and babies 0-12 months and their parent/carers. [Developing communication and interaction skills through our special Baby Week with stories, songs and Interactive play.](#)

Weaning Workshop: Join us for a friendly session to help parents and carers feel confident as their baby begins the journey onto solid foods.

Infant Massage: An opportunity to help you to learn the techniques of baby massage and the benefits to your baby. Suitable from 6 weeks - mobile. **Please contact the Family Hub to book.**

Little Learners: Opportunity for children to play and learn together aged 1-4 years. [Baby Week will focus on physical and pre-writing skills through our fun play dough session.](#)

Family Hub Cuppa & Chat: Family Hub Cuppa & Chat: A friendly drop in for parents and carers to chat about parenting, family life and any worries you have. Come and find out what support is available from your local Family Hub.

Family Hub Hangout 11 +: Family Hub Hangout 11+: A drop-in session for children and young people aged 11+ in a relaxed space to socialise, take part in activities and develop new skills. Come along to talk to the Family Hub team to get information or support on things that matter to you.

Benefits & Employment Drop In: Offering support on finances, benefits, employment and getting back to work.

Howgill Babbling Babies: Ran by Howgill - A drop in session with stories, rhymes and activities. From birth to active walking.

Together We Sling Library: Support for parents to carry their child with different types of carriers and slings.

#CoffeeandCraic: A drop in session for care experienced young people to speak to a Personal Adviser and access support from other organisations.

Valley Family Hub - [Whinlatter Road, Whitehaven, CA28 8DA](#)

Egremont Family Hub - [Southey Avenue, Egremont, CA22 2HH](#)

14 - 20 November 2026

BABY WEEK EVENTS

For babies and under 5's, parents & carers & professionals!

Day	Event	Time	Location
SAT 14 Nov	BABY WEEK LAUNCH	10:00am - 2:00pm	Whitehaven Library, Lowther street, CA28 7QZ
TUES 17 Nov	BABY FIRST AID	1:30pm - 2:30pm	Valley Family Hub, Whinlatter road, CA28 8DA
WED 18 Nov	BABY SHOWER	4:00pm - 6:00pm	Millom Valley Hub, Lapstone road, LA18 4LP
FRI 20 Nov	STORY HUNT WALK & ACTIVE STORY SESSION	9:30am - 11:00am	Family Hub on the Harbour, Swingpump Lane, CA28 7LZ

All of our sessions are FREE.

However the Infant Massage has a cost of £5.

These sessions are part funded by the Cumberland Family Hubs. If you would like to attend but are unable to do so due to cost. Please get in touch with: Familyhub.Whitehaven@cumberland.gov.uk

BABY WEEK 2026 | www.babyweek.co.uk | [#LittleMomentsMatter](https://twitter.com/LittleMomentsMatter)