



Information for parents and children

Sunflower Centre:

We are so lucky to be able to practice at the Sunflower Centre and we need to be mindful of the other activities happening in the building, including massages, counselling and other therapies.

Clothing:

We move around and do interesting poses, so it is important that children wear clothing that will allow them to access this and be comfortable. A t-shirt and leggings/jogging bottoms are ideal. Feet ideally should be sockless. Please do let me know if your child does not like having bare feet. The room where we are practising is carpeted.

Because there is not enough appropriate space to change at the Sunflower Centre, please arrive already changed. Children can leave their shoes in the reception area.

Mats:

Mats will be provided but please feel free to bring your own if you would prefer. All mats are cleaned after use.

Arrival:

Please arrive five minutes early. There is no receptionist at the Sunflower Centre. I will wait in reception until all the children have arrived and we will then go upstairs to the room together. Anyone arriving after I have gone upstairs will not be able to join the class. Not only will the children have settled and started the class, but I will not be able to leave them on their own to answer the door.

Unfortunately, there is nowhere for parents to wait at the Sunflower Centre. However, there is a lovely café in Hilly Fields and others on Brockley Road.

Toilet:

Please make sure your children go to the toilet before class. Because of where the toilet is located from our practice room, for safeguarding reasons I would need to take the whole class with me to accompany children needing the loo.

Leaving:

At the end of the class, I will bring the children to the reception area. Please wait for me to arrive to open the door and release your children to you.

Collection:

For safeguarding reasons, please do let me know if someone different from who dropped off is coming to collect your child. You can tell me when you drop off or if it a last-minute change you can text me on 07803038230.

I am so looking forward to welcoming and practising with your child at the Sunflower Centre. If you have any questions, please do not hesitate to contact me.

Address: The Sunflower Centre, 81 Tressillian Road, Brockley, SE4 1XZ