

You and your new baby (Postnatal Group)

A free five week virtual programme



You and your new baby (Postnatal Group)

Congratulations on the birth of your baby!

The postnatal group is offered to first-time parents and those of you with a big gap between children. The sessions enable new parents to meet other parents whilst exploring and learning about relevant topics for the first year of life. The range of topics includes:

- You and your new baby-What's it like being a new parent
- Child development-How to switch on your babies brain
- Solid foods-Why you should wait until 6 months
- Minor ailments-When to call the doctor
- Treasure baskets



There is a chance to have a chat and to ask any questions.

**Please join us - It is a great way to connect
with other parents/carers with similar aged babies.**

**To book onto this session please contact
0300 123 3444**