



*Do you have a baby aged
under 6 months?*



Would you like to feel more confident as a parent or carer? Having a baby is an exciting time for a family but it can also be tiring and confusing. Our short course for parents and carers will add to your knowledge and skills to help you to understand what your baby is telling you so that you can enjoy him or her and have fun together!

Understanding your baby



is a small group course of 4 sessions:



Session 1: Your Baby's Brain

Session 2: Your Relationship with your Baby

Session 3: Reading your Baby

Session 4: Your Baby's Behaviour



The next course will be running from 6th June 2019 at Ireland Wood Children's Centre. Please speak to Hilary or Kimberley for more information and to book on.