

## Understanding your baby

A group for all parents and carers welcoming a new baby. Bring your baby along!

Find out more about

- How your baby's brain develops and how you can support this
- How you and your baby might feel and what can support you both
- Ways to react to crying
- How to help with healthy sleep patterns and responsive feeding
- How play can help your baby's development

6 sessions – snacks provided – transport available – call Leanne on 0778 429 9220

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