

## Understanding Your Baby

A group for all parents and carers welcoming a new baby.

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

For babies of 0-9 months. Please feel free to bring baby along.

The sessions will run for 6 weeks, with one session taking place per week. Snacks are provided and transport is available.

For more information or to book, phone **0191 275 9636**, text **07784299220**, visit [Byker Sands Family Hub](#), or email [EastCFN@newcastle.gov.uk](mailto:EastCFN@newcastle.gov.uk).

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