



# Happy Healthy Babies

**FREE 6 week course**

*for families with 0-6 month old babies*



**Weaning**

**Keeping  
active**

**Healthy  
Eating**

**Mental  
Wellbeing**

**Baby  
Bonding**



**Teeth  
Cups &  
Brushing**

**Each 2 hour session includes:**

A group talk providing the latest advice and practical tips on how to keep you & your baby happy and healthy

*Plus* a 45 minute stay and sensory play session

## **COURSE STARTS**

**Wednesday 22<sup>nd</sup> January 2020, 10am-12pm**

**Oxford Grove Startwell Children's Centre**

To book a place, ring the *Healthy Families Team* **01204 463175**