



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 22nd January 2020, 10am-12pm

Oxford Grove Startwell Children's Centre

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



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