

# You and your new baby (Postnatal Group)

A free five week programme  
facilitated jointly by the health visitors  
and Children's Centres



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**Congratulations on the birth of your baby!**

The postnatal group is offered to first-time parents and those of you with a big gap between children. The sessions enable new parents to meet other parents whilst exploring and learning about relevant topics for the first year of life. The range of topics includes:

- You and your new baby-What's it like being a new parent
- Child development-How to switch on your babies brain
- Solid foods-Why you should wait until 6 months
- Minor ailments-When to call the doctor
- Treasure baskets
- 



There is a chance to have a chat and to ask any questions. There are also fun activities such as 'footprints' and a baby group photo.

**Come along - It is a great way to  
meet people with similar aged babies**

**To book onto this session please contact your  
local Children and Family Hub.**

For more information on the content, please call your  
health visitor on: **0300 123 3444**

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