

Leeds Community Healthcare
NHS Trust



SureStart



Giving babies the best start in life

Do you have a baby aged 0-6 months?

Would you like to feel more confident as a parent or carer?

Having a new baby can be tiring and confusing. Our short course for parents and carers will add to your knowledge and skills to help you enjoy a happier baby. Your baby will stay with you during the sessions.

Understanding your **baby**

is a small group course of 4 sessions:

Your baby's brain

Your relationship with your baby

Reading your baby

Your baby's behaviour

Attend the full course to receive your 'Understanding Your Baby' course certificate.

For further information, please contact:

Meadowfield, Templenewsam & Colton Children's Centre.

Next course Friday 8th November, 1.30-3pm at

Templenewsam Halton site

Tel; 0113 2250025.

