

Bump to baby

BECOMING A PARENT?

BUMP TO BABY COVERS WHAT EVERY PARENT NEEDS TO KNOW ABOUT HOW TO CARE FOR BABY IN THE FIRST FEW WEEKS.



A FUN, RELAXED AND PRACTICAL SESSION EXPLORING BATH TIME, NAPPY CHANGING AND SAFE SLEEPING PLUS LOTS OF USEFUL TIPS FROM OTHER NEW PARENTS.

(ADDITIONAL FEEDING ADVICE SESSION AVAILABLE TOO)

**This 2 hour session is run regularly by the team at
Mole Valley Family Centre, Goodwyns Road, RH4 2LR**

**Referrals are taken from Midwives, Health Visitors and from
parents themselves**

**To add your name to a waiting list for the next group
call us on 01306 740095**