



# Early Days Postnatal Sessions



Mole Valley Family Centre

Goodwyns Road, Dorking  
RH4 2LR

**A 4 week course covering the following:**

*Sleep Advice*

*Baby Massage*

*Importance of Play*

*Safety in the Home*

*Early Speech & Language*

**Starting on Wednesday 27th November**

**1.30pm - 3pm**

*Suitable for parents/carers with babies under 6 months*

*£10 per person*

*Speak to your Midwife or Health Visitor for a referral*



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