



# Baby & Me

A five week post-natal course that covers a wide range of information and practical top tips. Suitable for non-mobile babies

- Learn about your child's development and what you can do to encourage their progress
- Tips for coping with a new baby - Crying, teething and managing emotions
- Guidance on diet, oral health and child safety



For more information or to book on the course, call or email your nearest RISE Children's Centre

[www.therisetrust.org](http://www.therisetrust.org) Registered Charity No. 1114446

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**Wiltshire Council**

