

# Baby & Me



**Suitable for non-mobile babies**

Donate with **JustGiving**

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

Topics include

- Becoming a parent
- Communication
- Oral health and safety
- Play
- Relationships

**For more information and to book call us on  
01249 464008  
or email [coles@therisetrust.org](mailto:coles@therisetrust.org)**

