

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 463040
or email courseadmin@therisetrust.org**

