

Are you a new parent just starting out at parenting?

Babies Matter is a free group starting in your local area coming together with tea and cake to think about all the changes, challenges and joys of having a baby.



We'll meet together for six sessions where we'll cover topics including:

- **Becoming a family**
- **Bonding with our babies**
- **Child development**
- **Babies' amazing brain**
- **Sleep & routines**



To find out more about the Babies Matter programme starting this September in the North Norwich area, contact Lynette on 07307 882 340 or email familysupport@oakgrovecommunitychurch.co.uk



**BABIES
MATTER**
A KIDS MATTER PROGRAMME

www.kidsmatter.org.uk
Registered charity no. 1163617