

What happens next?



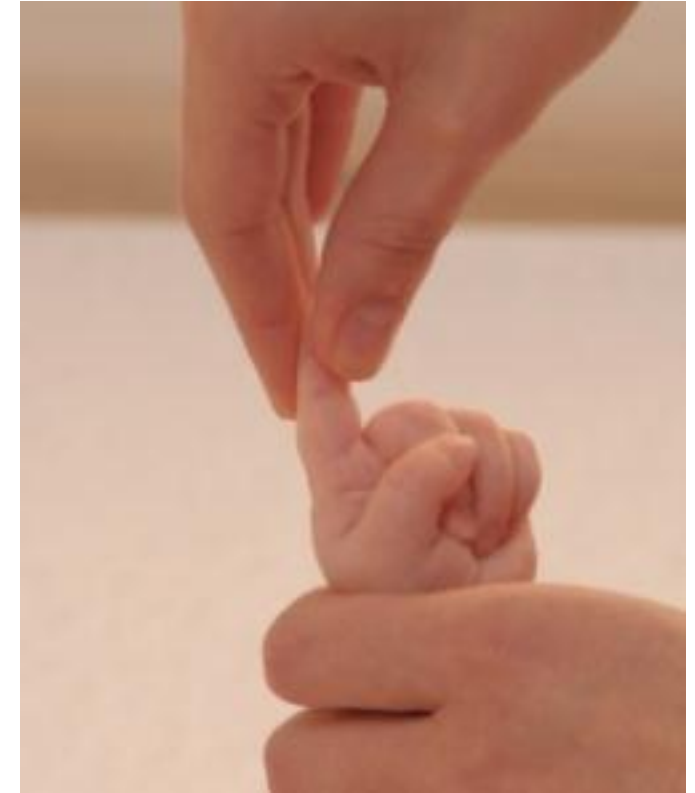
- You will be contacted by Telephone.
- Offered a place on the next available group.
- You will receive a letter with further information.
- You will have the opportunity to meet with us before the group starts.

What we ask of you?

- Bring your self and your child to each session.
- Make every effort to attend all sessions.
- Let us know if you can not make it.
- Relax, have fun and make new friends.



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Incredible Babies



Ariennir gan
Lywodraeth Cymru
Funded by
Welsh Government



GIG
CYMRU
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Bwrdd Iechyd
Aneurin Bevan
Health Board



monmouthshire
sir fynwy



You will be invited to attend the group for;

- 2 hours each week
- For a total of 10 weeks
- In a supportive and friendly environment

What you can expect?

The group is run by a Health Visitor and a Family Support Advisor and will meet in a confidential, relaxed and safe environment.

As part of the group we will discuss the following topics;

- Becoming a parent
- Communicating with your baby
- Physical and visual stimulation
- Reading babies minds
- Gaining support
- Baby massage
- Weaning
- Looking at how your baby develops

Staff are also able to offer support, advice and information on other related topics.

Being a parent or carer can be fun but also hard work. There is practical support available for you and your family.



Incredible Babies offers you the opportunity to share your experiences and ideas with others whilst extending your knowledge in a supportive environment.



How do I sign up?

To find out when a group is running in and around your area contact Zoe Wildy at the Acorn Centre on 01873 735 014