

Mammas Baby & me...

Wednesdays 10.00 - 11.30am

Highfields Children's Centre, Barnard Close LE2 0UZ
unless otherwise listed - see programme overleaf



For all mums and their babies

- **Meet other mums and babies**
- **Caring support and help with feeding your baby**
- **A different topic each week to help you and your baby enjoy life together**
- **Meet ups, play dates, outings and more!**
- **Bring a friend, grandma or female relative anytime**

Keep up-to-date! Join our WhatsApp group

Call/text Nasreen 07402829698, or Sally 07580159278

Mammaline Breastfeeding Helpline

07794667791 9am – 9pm everyday

Gujarati/Urdu – 07794667901 9am – 9pm everyday

www.mammas.org.uk

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Autumn Programme 2019

- Wed 4th Sept** Meet & Greet with Cake! Come along and relax with your baby, meet the team, and share your experiences and Qs
- Wed 11th Sept** Getting out & about & travelling with a baby
- Wed 18th Sept** Baby Massage taster session with Naadiya. £2
- Wed 25th Sept** Fun Valley Soft Play, Evington Valley Rd - £2
- Wed 2nd Oct** Fun with food! Starting Solids - when, what, how & more
- Wed 9th Oct** Sensory Baby - **Touch**. Explore new activities to stimulate your baby's development
- Wed 16th Oct** Mums' exercise and healthy lifestyle - A bit of Me Time!
- Wed 23rd Oct** Returning to work or Study
- Wed 30th Oct** Fun Valley Soft Play, Evington Valley Rd - £2
- Wed 6th Nov** Swimming at Spence Street pool **12.30-1.30pm**
- Wed 13th Nov** Planning for Stopping nighttime feeds
- Wed 20th Nov** Getting into employment and training - **The Great Project**
- Wed 27th Nov** Fun Valley Soft Play, Evington Valley Rd - £2
- Wed 4th Dec** Swimming at Spence Street pool **12.30-1.30pm**
- Wed 11th Dec** Sleep, Baby & You
- Wed 18th Dec** Fun Valley Soft Play, Evington Valley Rd - £2

Fun Valley LE5 5LJ and Swimming LE5 3NW
Text Nasreen for more info - 0740282969