



## *Mammas* Baby & me...



**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! Get our weekly text alerts and  
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](http://www.mammas.org.uk)

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## Summer Programme 2019

Wednesday mornings 10.00 - 11.30am at Highfields Children's  
Centre, Barnard Close LE2 0UZ

**unless otherwise listed**

Wed 1 <sup>st</sup> May	Q & A on all your feeding questions and concerns
Wed 8 <sup>th</sup> May	Moving on, Starting Solids
Wed 15 <sup>th</sup> May	Healthy teeth & Happy Smiles - looking after your baby's teeth, with local dentists and our Oral Health Champion
Wed 22 <sup>nd</sup> May	Fun Valley Soft Play, Evington Valley Rd - £2 62 Evington Valley Rd, LE5 5LJ
Wed 29 <sup>th</sup> May	Swimming at Spence Street pool - 12.30 - 1.30pm
Wed 5 <sup>th</sup> June	Visit to New Walk Museum, 53 New Walk, LE1 7EA TBC
Wed 12 <sup>th</sup> June	Fussy eaters? Help and information
Wed 19 <sup>th</sup> June	Holidays and outings with a baby on board
Wed 26 <sup>th</sup> June	Fun Valley Soft Play, Evington Valley Rd - £2
Wed 3 <sup>rd</sup> July	Sleep, Baby & You - new evidence-based gentle sleep programme! Come and find out more. Booklet included.
Wed 10 <sup>th</sup> July	Fun Valley Soft Play, Evington Valley Rd
Wed 17 <sup>th</sup> July	Returning to work or study
Wed 24 <sup>th</sup> July	Stopping nighttime feeds
Wed 31 <sup>st</sup> July	Picnic in Spinney Hill Park

### Visits to Fun Valley, Park & Swimming

**Call or text Nasreen for more info - 07402829698**

*Mammas Baby & Me welcomes all mothers, however you're feeding your baby - breast, bottle, combination, expressing or solids.*

*Information and support with feeding is available at all our meetings, from our trained Mamma Breastfeeding Peer Supporters*