

Mammas Baby & me...

North West Autumn 2019

Beaumont Leys Children's Centre 10.00 - 11.30am

- Friday 6th Sept** Meet & Greet with Cake! Come along and relax with your baby, meet the team, and share your experiences and Qs
- Friday 13th Sept** Sleep Baby & You
- Friday 20th Sept** Sensory Baby - **Taste!** Explore new activities to stimulate your baby's development
- Friday 27th Sept** Gorse Hill City Farm meet up. Approx £2
- Friday 4th Oct** Travelling with a baby and getting out & about
- Friday 11th Oct** Feeding Q & A - breast, mixed, bottle, expressing & more!
- Friday 18th Oct** Potty training
- Friday 25th Oct** Autumn fun - take part in creative activities with your baby
- Friday 1st Nov** Fun with food! Starting Solids - when, what, how & more
- Friday 8th Nov** Coping with depression, anxiety, stress & the challenges of being a mum
- Friday 15th Nov** The Great Project - Help with moving into employment TBC
- Friday 22nd Nov** Sensory baby - **Sight!** Explore new activities to stimulate your baby's development
- Friday 29th Nov** Feeding my New Baby - What should I know? For pregnant and new mums
- Friday 6th Dec** Baby Massage taster session with Naadiya. £2
- Friday 13th Dec** Christmas fun - take part in creative activities with your baby

Mammas Baby & Me North-West



Fridays 10.00 – 11.30

Beaumont Leys Children's Centre
Home Farm Walk, LE4 0RW

- Meet other mums and babies
- Caring support and help with feeding your baby
- Meet ups, play dates, outings and more!
- A different topic each week to help you understand your baby's needs & increase your confidence

Keep up-to-date! Join our WhatsApp group

Call/text Natasha 07731571225

Mammaline Breastfeeding Helpline

07794667791 9am – 9pm everyday

Gujarati/Urdu – 07794667901 9am – 9pm everyday

www.mammas.org.uk