

Mammas Baby & me...

North West Spring 2019

Mammas Baby & Me NW is Friday mornings 10.00 - 11.30
Beaumont Leys Children's Centre, Home Farm Walk, LE4 ORW

Friday 11 th Jan	Welcome back - New Year, New Journeys
Friday 18 th Jan	Qs & As on feeding your baby - breast, bottle, expressed
Friday 25 th Jan	Fun with your baby - helping them develop and learn
Friday 1 st Feb	Adjusting to being a mum - Highs & Lows
Friday 8 th Feb	Baby Massage taster with Naadiya, IAIM Infant Massage Instructor
Friday 15 th Feb	Moving on - Starting solids
Friday 22 nd Feb	Pregnant mums - Feeding my new baby: what should I know?
Friday 1 st March	Sleep & babies, and Mummy's sleep too!
Friday 8 th March	Coping with stress and the challenges of being a mum
Friday 15 th March	Gorse Hill City Farm meet up
Friday 22 nd March	Moving on - Starting Solids
Friday 29 th March	Getting out & About; Return to work/study
Friday 5 th April	Colic and crying and how to cope
Friday 12 th April	Pregnant mums - Feeding my new baby: what should I know?

Call or text Natasha for more info - 07731571225

*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*

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Mammas Baby & Me North-West



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Beaumont Leys CYPFC, Home Farm Walk, LE4 ORW

- 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



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