

Mammas Baby & me...

Thurnby Lodge Autumn Programme 2019

All sessions 1.00 - 2.30pm

Monday 2nd Sep	Meet & Greet with Cake! Come along and relax with your baby, meet the team, and share your experiences and Qs
Monday 9th Sept	Feeding Q & A - breast, mixed, bottle, expressing & more
Monday 16 th Sept	<i>Never Too Latte</i> Coffee shop in Hamilton * Relax & Chat
Monday 23 rd Sept	Returning to work or study
Monday 30 th Sept	Dealing with common baby issues - colic, reflux, teething?
Monday 7 th Oct	Coping with depression, anxiety, stress & the challenges of being a mum
Monday 14 th Oct	<i>Never Too Latte</i> Coffee shop in Hamilton * - Relax & Chat
Monday 21 st Oct	Planning for stopping nighttime feeds & weaning from the breast
Monday 28 th Oct	Sensory baby - Smell! Explore new activities to stimulate your baby's development
Monday 4 th Nov	Oral health and teeth
Monday 11 th Nov	<i>Never Too Latte</i> Coffee shop in Hamilton * - Relax & Chat
Monday 18 th Nov	Fun with food! Starting Solids - when, what, how & more
Monday 25 th Nov	Out and about and holidays with a baby
Monday 2 nd Dec	Feeding my New Baby - What should I know? For pregnant and new mums
Monday 9 th Dec	<i>Never Too Latte</i> Coffee shop in Hamilton * - Relax & Chat
Monday 16 th Dec	Sensory baby - Make a sensory object for your baby £2

Sandhills Avenue, Hamilton, LE5 1QN*

Mammas Baby & Me also has meet-ups in other centres in Leicester.
Call or text Nasreen for more info - 07402829698

Mammas Baby & Me Thurnby Lodge



Mondays 1.00 – 2.30pm

Thurnby Lodge Children's Centre
Dudley Avenue, LE5 2EG

- Meet other mums and babies
- Caring support and help with feeding your baby, **however you are feeding**: breast, bottle, both, solids...
- Meet ups, play dates, outings and more!
- A different topic each week; helps you understand your baby's needs & increase your confidence
- 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