

Mammas Baby & me...

Thurnby Lodge Spring Programme 2018

Mammas Baby & Me TL is Monday afternoons 1.00 - 2.30pm
Thurnby Lodge Children's Centre, Dudley Ave, LE5 2EG

Monday 29 th April	Holidays and outings with a baby on board
Monday 6 th May -	May Day Bank Holiday
Monday 13 th May	<i>Never Too Latte</i> Coffee shop in Hamilton * - Relax & Chat
Monday 20 th May	Crying and colic and how to cope
Monday 27 th May -	Spring Bank Holiday
Monday 3 rd June	Qs & As on feeding your baby - breast, bottle, combination, expressed and solids
Monday 10 th June	Feeding your New Baby - session for pregnant mums interested knowing more about breastfeeding
Monday 17 th June	Healthy teeth & Happy Smiles - looking after your baby's teeth, with local dentists and our Oral Health Champion
Monday 24 th June	<i>Never Too Latte</i> Coffee shop in Hamilton * - Relax & Chat
Monday 1 st July	Sleep, Baby & You - new evidence-based gentle sleep programme! Come and find out more. Booklet included
Monday 8 th July	Baby Massage taster with Naadiya, IAIM Infant Massage Instructor
Monday 15 th July	<i>Never Too Latte</i> Coffee shop in Hamilton * - Relax & Chat
Monday 22 nd July	Moving on - Starting solids
Monday 29 th July	Teddy Bears Picnic in Humberstone Park

Never too Latte Coffee shop, Sandhills Avenue, Hamilton, LE5 1QN

Mammas Baby & Me also has meet-ups in other locations.

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

You are welcome to bring a female friend/relation