

# Congratulations on your new baby

Harpenden Children's Centre would like to welcome you to a series of postnatal sessions on **Tuesdays 1.30-3pm\*\*** (\*unless stated otherwise below). An opportunity to meet other new parents.

Tues 10 Jan 2012	Baby brain – why cuddles matter	Children's Centre Co-ordinator
Tues 17 Jan 2012	Learning through play	Children's Centre Co-ordinator
Tues 24 Jan 2012	Crying, sleeping and routines	Health Visitor
Tues 31 Jan 2012	Minor illnesses in the young baby	Health Visitor
Tues 7 Feb 2012	First stage weaning	Health Visitor
Mon 13 Feb 2012 2.30-4pm	Resuscitation <i>*A small donation appreciated</i>	Red Cross
Tues 21 Feb 2012	How your baby develops in the first year	Health Visitor
Tues 28 Feb 2012	Physio advice, stay healthy, get back into shape	External speaker
Tues 6 Mar 2012	Accident prevention at home	Health Visitor
Tues 13 Mar 2012	Second stage weaning	Health Visitor
Tues 20 Mar 2012	Ideas for positive parenting	Children's Centre Co-ordinator

Usually drop-in sessions - if you need to book we will inform you by email, so please make sure you are registered with the Children's Centre.

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