

Weekly group:

The Health visitors will provide a 4 week programme on a rolling basis. The topics are repeated every course and there are 15 places available on each programme. Phone us for dates & to book your place.

All sessions are held at Leavesden Children Centre

(free parking is available by the Post Office in Haines Way - less than 5 min walk from the centre).

Wednesday Mornings

10.15 - 11.30am
(you must book your place)
CALL 01923 484360

**Come along and meet
other new mums/ dads**



SureStart



WHAT YOU NEED TO BRING:

- All prams must be left in the buggy park, please bring a lock with you if you require one.
- Please bring your own baby food/ plus a blanket to lay over our mats.
- Please bring your own snacks if you require them. *Some drinks are available at a small cost.*
- Wear comfortable clothing
- Please report to reception of the centre to register into the group.

PLEASE PARK IN THE POST OFFICE CAR PARK IN HAINES WAY.

Entrance to the centre is on the High Rd by the traffic light/ crossing. Do not use the school/ centre car parks, these are for staff only.

FOR MORE DETAILS CONTACT:

Leavesden Children's Centre

c/o Leavesden Green JMI School
High Rd, Leavesden, Watford
HERTS WD25 7QZ

Phone: 01923 484360

www.hertschildrenscentres.org.uk/leavesden

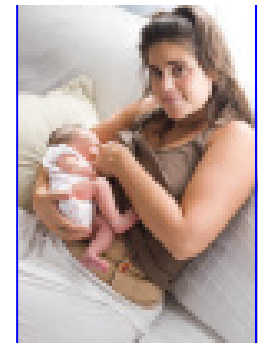
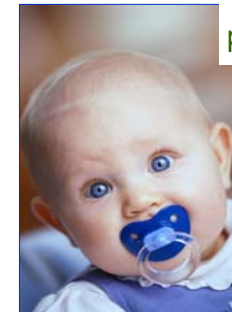
E-mail: ccadmin@leavesden.herts.sch.uk

West Hertfordshire 
Primary Care Trust

Leavesden Children's Centre &
Primary Care Trust provides:

EARLY DAYS Post-Natal Group

FREE group led by the Children's Centre & a Health Visitor. For new parents & their babies.



EARLY DAYS Post natal Group

As a new parent we would like to invite you to new Post Natal Support Group.

You will be able to gain information on various topics from the Health Visitor and Children's Centre Manager; and build your local network of friends.

This will be a 4 week rolling programme for first time parents - there are no facilities for toddlers.

YOU MUST BOOK ONTO A COURSE

Support & advice will be provided on various topics including:

The topics covered will include some or all of the following, depending on the needs of the group.



Introductions, Becoming a parent,

Getting to know your baby: Recognising baby cues, Feeding routines, Sleep routines

Labour stories, de-briefing

Post natal depression support
Relationship issues/ Support networks,
Communication skills

Minor Ailments & Home Safety

Recognising when baby is sick,
When to call the doctor, What
medicines to keep at home.

Child developments

Home safety checklist
and leaflet

Group Session - topics decided by participants

COULD include: Songs,
rhymes and baby massage.

Visits from specialists such as First aid

Types of parenting,
General development, Speech develop-
ment

The importance of play

Weaning

First Foods for when baby is 6 months

How to introduce solids etc.



The health visitor will run the session from 10.30, we ask you to arrive at 10.15 to register into the group.

Leavesden Children's Centre

01923 484360

PHONE US AND FIND OUT

HOW WE CAN HELP YOU!

All mums that become members of the group will be given a **free** Leavesden Children's Centre Doidy Cup. A special gift from us to help

you with
breast/
bottle to cup
development!

