

Your Health Visitors Team will be running Behaviour Routines & Sleep and Weaning talks over the coming months held at Children's Centres in the area.



Behaviour Routines & Sleep Advice talk will include;

- How to help your newborn learn the difference between night and day, and other helpful routine tips.
- How to keep your baby safe while he's sleeping.
- How to help your child get a peaceful night's sleep, including the benefits of a regular bedtime routine.
- How to deal with common behaviour problems in young children.



Weaning talks will include;

- First foods
- The food groups explained
- Meal ideas
- Safety and hygiene
- Foods to avoid
- Food allergies
- Vitamins
- Drinks and cups
- Vegetarian and vegan kids
- Problems with eating

Contact Children's Centre for their venue details.

Behaviour, Routines & Sleep

March 13th 10am
 Chorleywood & Loudwater

May 10th 1:30 pm
 Croxley Green

June 13th 10am
 Ebury

August 16th 1:30pm
 Rickmansworth

Weaning

January 12th 1:30 pm
 Croxley Green

February 15th 10am
 Ebury

April 12th 1:30 pm
 Rickmansworth

July 10th 10am
 Chorleywood & Loudwater

September 20th 1:30pm
 Croxley Green

Chorleywood & Loudwater 01923 484903
Croxley Green 01923 805110

Rickmansworth 01923 772094
Ebury 01923 255 054