Baby and Me **for parents and their babies aged 0-12 months**

**Virtual**

**Online Baby Group**

Further information

**Tuesdays 5th October – 16th November (excluding half term) 10:00-11:00**

**Redruth Family Hub, Drump Road, Redruth, TR15 1NA**

* **Get to know your baby**
* **Meet other parents from the comfort of your own home and make new friendships**
* **Share experiences about your babies**
* **Rhyme time and activities with your baby**

**Topics Covered:**

* Early communication and baby cues
* Brain development
* Baby massage
* Routines and structure to support your baby to feel safe and secure
* Your support networks and self-care
* Baby on the move and becoming a little person– safety proofing your home and introducing solid food.
* Communication and language development
* Physical and social development

Parents comments.

A) said, I feel more confident and it was good to see more mums and babies.

B) said, I enjoyed the group and gained a lot of useful information. It was good to see other mothers and babies.

C) said, I haven’t seen anyone for a long time; it was good to meet other mums. I learnt a lot of useful tips.

