

# Post Natal Group



**Come along to our postnatal group  
For parents with babies 0-6 months facilitated by  
the Early Start Service - Health Visiting Team**

**Mondays @ 2pm - 3.30pm  
(Term time only)  
Starting 10<sup>th</sup> September 2018  
Albrighton Community Centre  
Albrighton Road  
SE22 8AH**

*Advice and  
information  
from health  
professionals*

For more  
information,  
please call Hana  
Early Start  
Practitioner  
on  
**0203 049 7570**

Please note:  
**Starting solids sessions:**  
17<sup>th</sup> September 2018  
• **Baby Massage:**  
15<sup>th</sup> October 2018 Limited space – call to book

*Meet other parents  
with babies and have  
the opportunity to  
Share Experiences  
Receive tips &  
support*



**Advisories:** For 'Baby Massage,' babies need to have had their 6-8 week check with the GP. Please bring two towels and a small bottle of pure coconut oil for massage classes. Please do a skin test on baby a week before the session. We **do not** recommend that babies have massage within 48 hours of an immunisation.