



Newborn Parents 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 14th January 2019
Albrighton Community Centre

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

Please note:

Starting solids sessions:

28th January 2019 Limited space - booking essential
call 0207 525 2017

Baby Massage:

11th February 2019 Limited space – call to book 0203
049 7570

*Advice and
information
from health
professionals*

*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.