

The sessions will look at.....

- How your baby's brain develops
- Watching a DVD on how your baby sees the world
- Why love matters
- Different ways to play with your baby
- Baby massage

This course has been funded by

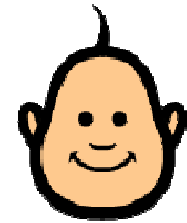
chances4change
Improving health and wellbeing
for people in South East England

chances4change is funded by the Big Lottery Fund and co-ordinated by NHS South East Coast in partnership with NHS South Central, The South East Regional Public Health Group, Care Services Improvement Partnership, South East England Development Agency, SEEDA, RAISE and Portsmouth City Council

NHS



Baby Explorers



better brains for babies!

Home
Start
Support and friendship
for families



Eastern and Coastal Kent **NHS**
Primary Care Trust

How will my baby and me benefit from this course?

You and your baby will enjoy some supported time together where you can share and explore different ways to play and communicate with your baby. The sessions will look at different ways you can really help your baby form and develop skills for life!

How many sessions are there?

There are six sessions and once parents have joined the group, the same parents will attend every session



How long is each session?

Each session will last an hour and a half



Will there be a crèche?

Yes, but sometimes babies/children and parents will be together in a session

Who will be delivering the sessions?

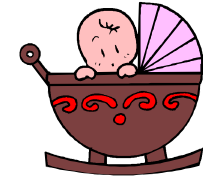
At least two experienced workers will be with parents at every session. Refreshments will be provided for parents and children

Do I need to attend every session?

Yes! To get the most from this course, you will need to attend every session.



A certificate will be presented to parents who complete the course.



Where will the baby Explorers Course be held?

The course will be held in community venues across the Canterbury District

How do I get on the course?

Telephone...

Canterbury District Early Years Project

01227-786420

or

Homestart

01227-472050

