

Bump to Baby

Groups for parents to be





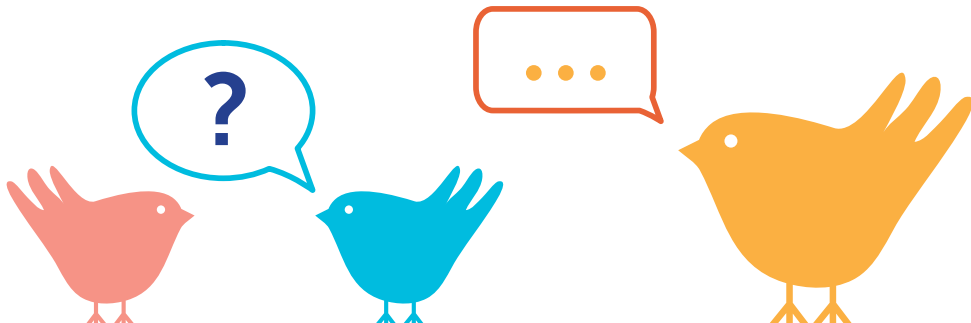
**5-week
group.**

Welcome to You and Your Baby Group!

Becoming a dad or mum is an exciting as well as challenging time. Over the 5 weeks you will meet other parents and talk together about:

- Preparing for and managing labour
- Bonding with your baby before/after the birth
- Working out your baby's sounds, signals and cues
- Coping with crying and comforting your baby
- Becoming a parent and your changing relationships
- Where to go if you need a little extra help.

Give your baby **the best start in life.**



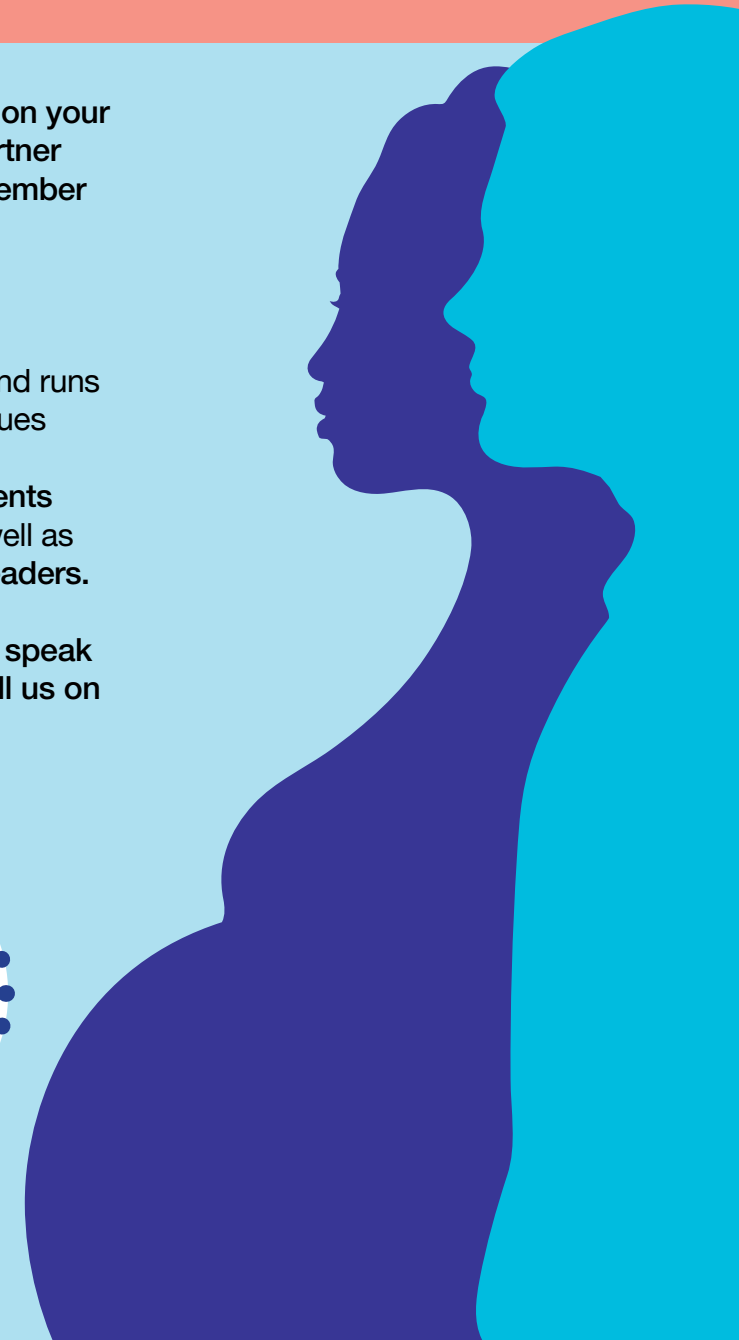
Practical information

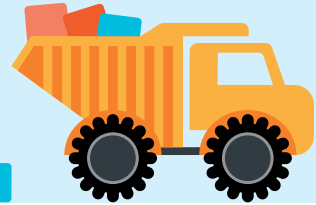
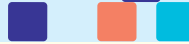
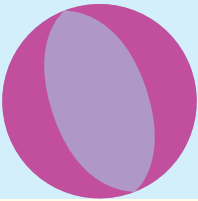
- You can come along on your own or with your partner or a friend/family member
- There are 5 sessions lasting 2 hours
- The group is **FREE** and runs in local Camden venues
- There are 10–12 parents at each session as well as two trained group leaders.

For more information speak to your midwife or call us on 020 7974 8961.



**FREE
baby gift
pack!**





Children's centres are for all families in Camden. To find out more come and visit your local centre.



Advice and play activities to support your child's speech and language



Midwifery and health visiting



Information and support about breastfeeding, baby feeding and healthy eating



Stay and play drop-ins and other activities for you and your child to enjoy together



Family support team — if you need extra help



One-to-one support if you are feeling low, anxious or stressed by family life



Early education and childcare and childminders



Help to find training and employment and benefits advice



Local services for children with special educational needs and/or disabilities, visit localoffer.camden.gov.uk

Children's Centres:



1a Children's Centre
1a Rosebery Avenue EC1R 4SR
020 7974 7024



Regent's Park Children's Centre
Augustus Street NW1 3TJ
020 7974 8934



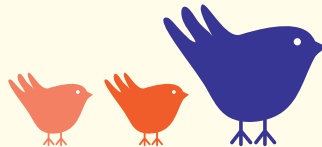
Harmood Children's Centre
1 Forge Place NW1 8DQ
020 7974 8961



Agar Children's Centre
Lulworth, Wrotham Road NW1 9SU
020 7974 4789



Kilburn Grange Children's Centre
1 Palmerston Road NW6 2JL
020 7974 5080



Camden Sure Start
Your journey. Our support.

Find out more:

camden.gov.uk/camdensurestart