



Best-Start Group Support



FREE, friendly and welcoming postnatal sessions

Best-Start is a relaxed 6 week programme supporting parents and their newborns (up to 6 months old). The group is a great opportunity to meet other parents, get up-to-date advice and reassurance on baby's development, parenting information and support. We cover a different topic each week, such as **teething**, **First Aid**, **baby massage** and give lots of information for you to take home. Our group is non-judgemental - a place where parents can look forward to attending, ask questions, share experiences and improve their confidence in parenting.

Both parents are welcome to come along to the sessions but, unfortunately we are unable to accommodate older children.

Your Best-Start co-ordinator is **Rhiannon Byron**

Your group session details are:

Minchinhampton Library

Wednesday 16th January - 27th February 2019
11am - 12.30pm

Q-Club, School Lane, Quedgeley,

Tuesday 29th January - 12th March 2019
11am - 12.30pm

Randwick Scout Hut, Cashes Green

Wednesday 27th February - 3rd April 2019
10.15am - 11.45am

Douglas Morley Hall, Stonehouse

Thursday 28th February - 4th April 2019
11.15am - 12.45pm

Thank you so much for
all the interesting &
wonderful classes which
have really helped me
develop as a parent



To attend the group please telephone 01453 821085 or email:
groupshomestartsd@gmail.com

For general information about Home-Start and the support we
offer, please visit our website at www.homestartsd.org