Supporting parents with the arrival of a new baby

Babies Matter is a free group starting here soon, coming together with tea and cake to think about all the changes, challenges and joys of having a baby.

We'll meet together for six sessions where we'll cover topics including:

- **Becoming a family**
- **Bonding with our babies**
- **Child development**
- **Babies' amazing brain**
- **Sleep & routines**
- **Looking at the big picture**

For more information contact Lynette on 07307 882 340 or email kidsmatter@oakgrovecommunitychurch.co.uk or scan this QR code which takes you to our website

BABIES MATTER
A KIDS MATTER PROGRAMME

www.kidsmatter.org.uk
Registered charity no. 1163617

Oak Grove Community Church