



# FIRST TIME PARENTS GROUP



Are you a first time parent who would like advice about  
your baby and their development?

*From 13<sup>th</sup> January 2021 The BARNET HEALTH VISITING SERVICE and BARNET CHILDREN'S CENTRES can  
offer you:*

A four week course for parents of babies aged between 6 weeks and  
4 months.

*This course will cover:*

- **Developing relationships** (including attachment and bonding, play, emotional wellbeing).
- **Safety & child development.**
- **Minor ailments.**
- **Introduction to solids.**

**Attendance at these sessions is by appointment only**

***If you would like to book a place please speak to your Health Visitor, nursery nurse or call the Barnet 0-19 Single Point of Access on: 0208 200 2500 Start time confirmed on booking***

## **Course Dates**

***Please note that you are required to attend all four sessions of each course.***

**Starting Tuesday 2<sup>nd</sup> February 13.30, virtual session via Blue Jeans video link**  
**WEST LOCALITY**

***Week 1 – 02<sup>nd</sup> February 2021 PM***

***Week 2 – 09<sup>th</sup> February 2021 PM***

***Week 3 – 16<sup>th</sup> February 2021 PM***

***Week 4 – 23<sup>rd</sup> February 2021 PM***

**Starting March Virtual session via Blue Jeans video link**  
**SOUTH LOCALITY**

***Week 1 – 03<sup>rd</sup> March 2021 pm***

***Week 2 – 10<sup>th</sup> March 2021 pm***

***Week 3 – 17<sup>th</sup> March 2021 pm***

***Week 4 – 24<sup>th</sup> March 2021 pm***