



Five to Thrive Workshops

For first time/new parents with babies 6 weeks- 6 months

Over 4 weeks we will cover the 5 simple things to feed your baby's growing brain.

Sessions will include 'talk time', 'sensory activity' & 'singing time'

- ❖ **Week 1 Respond** – introduction to brain development, why sing to your baby, hand and foot prints
- ❖ **Week 2 Cuddle** – the importance of touch, treasure baskets and making sensory bottles
- ❖ **Week 3 Relax** – ways to relax for you and your baby, sensory play, introduction to books
- ❖ **Week 4 Play and Talk** – the most important toy is you, play ideas, messy play, talking to your baby

For more information & to book free places please contact:

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OR ask Health Team

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