

The Women's **Wellness** Centre

Mums Post Natal Group

Hosted by our in house midwives

Runs Every Tuesday 0930 – 11am

£15 per adult

*Come along to the mum's forum for a coffee & a catch up with fellow new mums.
The workshop for mums, dads & babies is a great place to meet new people, get support
and informed, professional advice.*

Topic covered include:

Workshop 1 - Weaning & teething

Workshop 2 - Breastfeeding/ principles of baby led weaning

Workshop 3 - Sleeplessness/ settling babies/ establishing routines

Workshop 4 - Illnesses in the first year

Workshop 5 - Returning to work/ childcare options

Workshop 6 - Looking after yourself

Workshop 7 - Sibling rivalry/ preparing for another baby

Every Tuesday 9.30 – 11am

Please call reception on 0207 7514488 to book

An Obsgyn**Care** facility at 204 Fulham Road