



New Parent Group

For parents with babies under 4 months

Our 6-week programme gives parents the opportunity to meet other new parents and take part in topic-based discussions.

Find out more about:

- Getting to know your baby
- Baby brain development
- Rhythms and sleep
- Feeding
- Home safety
- Looking after yourself and your relationships
- And any other topics you would like to explore

This group is facilitated by a Family Health Advisor and Family Engagement Worker.

Please book with the QR or contact:
brightstartnorth@islington.gov.uk
0207 527 8441

Family Hubs, Start for Life



Tuesdays
2:00–3:30PM
Willow Children's
Centre
1A Holbrooke Court,
N7 0BF

Scan the code to register
your interest.