



Best-Start Group Support



FREE, friendly and welcoming postnatal sessions

Best-Start is a relaxed 6 week programme supporting parents and their newborns (up to 6 months old). The group is a great opportunity to meet other parents, get up-to-date advice and reassurance on baby's development, parenting information and support. We cover a different topic each week, such as **teething, First Aid, baby massage** and give lots of information for you to take home. Our group is non-judgemental – a place where parents can look forward to attending, ask questions, share experiences and improve their confidence in parenting. Both parents are welcome to come along to the sessions but, unfortunately we are unable to accommodate older children.

Your Best-Start co-ordinator is **Rhiannon Byron**

Your group session details are:

The Q-Club, School Lane, Quedgeley,
Tuesday 30th April – 11th June
12.30 am – 2.00pm

Randwick Scout Hut, Cashes Green
Friday 3rd May - 14th June
11am-12.30pm

Douglas Morley Hall, @ Stonehouse Methodist Church
Thursday 9th May - 20th June
11.15am - 12.45pm

The Arkell Community Centre, Forest Green
Wednesday 5th June – 10th July
1.00pm - 2.30pm

To attend the group please telephone 01453 821085 or email: groupshomestartsd@gmail.com For general information about Home-Start and the support we offer, please visit our website at www.homestartsd.org

Thank you so much for all the interesting & wonderful classes which have really helped me develop as a parent

