



**Baby
Development
session**



**Crying and
Sleeping session**

**Baby
&
Me**



**Parental Wellbeing
session**



**Sensory Development
session**



**Speech, Language &
Communication
session**

Baby & Me is followed by a free five week baby massage course ran by an IAIM Facilitator.

Visit surestartchildrenscentresnhp.org.uk or scan the QR code to look at your options:

Halifax North & East:



Lower Valley:



Appropriate for parents with children under six month old.