

# The Best Start In Life For Your Child

Have you seen our Family Space

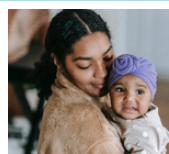


**Barnardo's  
Family Space**



**Understanding pregnancy, labour, birth and your baby** (Antenatal): five weekly workshops lasting up to 2 hours.

Start date: 11 Jan



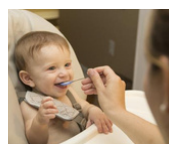
**Understanding Your Baby:** six weekly workshops lasting up to 2 hours. Includes feeding, feelings, behaviour and brain development.

Start date: 22 Feb



**Sleep:** a workshop lasting up to 1.5 hours. Includes sleep routines and safe sleep for your baby and toddler.

Dates: 24 Jan or 28 Feb



**Starting Solids:** a workshop lasting up to 1.5 hours. Includes food safety and allergies.

Dates: 20 Feb or 16 Mar



**Five to Thrive:** four weekly workshops lasting up to 2 hours. Includes brain development, responding to your baby, the importance of touch and sensory play.

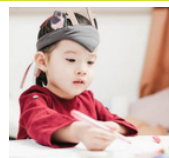
Start date: 16 Jan



**Potty Training:** workshop (up to 2 hours).  
Dates: 9 Jan or 7 Feb



**Oral Health:** workshop (up to 2 hours).  
Dates: 21 Feb or 26 Mar



**School readiness:** three short films with optional live Q & A session on request.

To book  
use  
QR code  
or link



**All of the above are being delivered in a live virtual session and will be via Zoom**

**Eden 0-19 Child and Family Support Services**  
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**Believe in  
children  
Barnardo's**

<https://virtualfamilyspace.barnardos.org.uk>

Barnardo's Reg. Charity Nos. 216250 & SC037605