

# UNDERSTANDING YOUR BABY

This is a live online course made up of six weekly workshops, each lasting up to 2 hours.

The workshops aim to help you understand:

- your feelings and those of your baby
- brain development, communication and crying
- behaviour patterns and developing a healthy sleep routine
- feeding
- play and development

We'll also explore being apart from your baby



Commissioned by Hackney Children & Family Hubs

Children &  
Family Hubs  
Partnerships



To book use:  
Link

<https://families.barnardos.org.uk/services>

Or QR Code

Starts Wednesday

5 June

9.30-11.30am



**BARNARDOS**  
FAMILY SPACE