


Bumps & Babies Activities

@Brixton & Tulse Hill Children's Centres April- August 2024

Name	What	When	How to get involved
Breastfeeding Support	Come and discuss your breastfeeding needs with mother-to-mother breastfeeding peer counsellors, midwives and health visitors.	FRIDAYS @JUBILEE 10.00-12.30	JUST DROP IN
Baby Massage	Baby massage can help you relax, soothe and connect with your baby.	WEDNESDAY @ JUBILEE THURSDAY @LOUGHBROUGH	SCAN ME:  OR CALL TO BOOK
Pregnancy & Baby Yoga	Come and enjoy a calm, relaxing & FREE hour of pregnancy and baby yoga (For Pregnant Women and babies up to 4 months or no crawlers)	FRIDAYS @JUBILEE 10.30-11.30 Term time only	
Starting Solids Workshops	Learn how to introduce solid foods. Discover practical ways of introducing solid foods to your baby. Receive a free weaning recipe booklet.	MONDAYS 1.00-3.00 15th April & 17th June @JUBILEE 20th May @LOUGHBROUGH	BOOK HERE https://bit.ly/StartingsolidsLEAP
Baby and Me	A small play group session for babies under 14 months Come and join us for playing, singing, meeting new friends and fun!	WEDNESDAYS @JUBILEE FRIDAYS @LOUGHBROUGH 10.15-11.30	JUST DROP IN
Stay and Play for Movers and Walkers	A small play group session for babies and toddlers 10-24 months Come and join us for playing, singing, meeting new friends and fun!	MONDAYS @LOUGHBROUGH 10.15-11.30	JUST DROP IN
Chattertime 0-24 mths	A small play group session for babies and toddlers under 24 months with the Speech & Language Therapist. Join us for interactive games, singing, stories, support and advice.	WEDNESDAYS @LOUGHBROUGH 1.30-2.30 Term time only	JUST DROP IN

CALL TO FIND OUT MORE ON 02086786530 OR 02072748374

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