

**Nurturing the Pilbara**

You and Your New Baby

Education Session

Suitable for couples expecting a baby,
parents & carers with babies to 12 weeks

This session offers information to assist you in adjusting to early parenting including understanding your baby's communication, importance of the early years, normal sleep, wakefulness and feeding patterns. Self care for parents and community supports are discussed.

Date: Monday, 26th October 2009

Where: Welcome Lotteries House.
Morse Crt

Time: 7.00pm – 9:00pm

Bookings Essential at Ngala 1800 111 546

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“NURTURING THE PILBARA”