

Now you're a Dad!



Dad's Postnatal Session

**Saturday 16th September
09:30am – 12pm**

Are you starting on out on your parenting adventure? You are invited to join us on Saturday morning for coffee and bacon butties.

We will be talking about:

- The challenges in becoming a Dad
- Looking after your mental health
- What's normal newborn behaviour?
- Building a relationship with your baby
- Keeping your baby safe and well

£5 per session

(Please speak to us if payment is a problem)

To book online

https://booking.westberks.gov.uk/family_hubs_events.html

For more info call 01189456157



We look forward to seeing you

East Family Hub, Calcot, RG31 4XG



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C O U N C I L