

# Small changes, big differences.



## Upcoming course: Triple P for Baby

### A positive start for babies and parents

Are you a parent-to-be or new parent with a baby up to 12 months of age? This programme, delivered in a group setting, gives you practical strategies to create the best environment for your baby's development – and feel more confident as you begin your parenting journey. Learn ways to cope with frequent crying, set up good sleep habits, read your baby's cues, look after yourself, adapt to changes in family life, and more. It's easier with positive parenting strategies!

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<b>DATE</b>	<ul style="list-style-type: none"><li>• 29<sup>th</sup> of October 2024</li></ul>
<b>TIME</b>	<ul style="list-style-type: none"><li>• 12.00pm – 2.00pm</li></ul>
<b>VENUE</b>	<ul style="list-style-type: none"><li>• The Place, Coleridge Road, Rotherham S65 1LW</li></ul>

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#### BOOKINGS AND INFORMATION

Triple P for Baby helps parents and carers who are looking for tips and ideas to help them navigate the challenges that come with having a new baby. It's a toolbox of proven, positive strategies with a variety of practical ways to promote your baby's development, build a stronger bond and support their emotional and physical health. Whether you're pregnant or your baby is already here, Triple P for Baby can help you get off to a positive start and create the best environment for your baby's development and wellbeing.

If you would like to book a place on this 8-week course, please access the Rotherham Family Hubs Website and complete an online referral form.

<http://www.rotherham.gov.uk/homepage/402/activities-and-support-for-families>