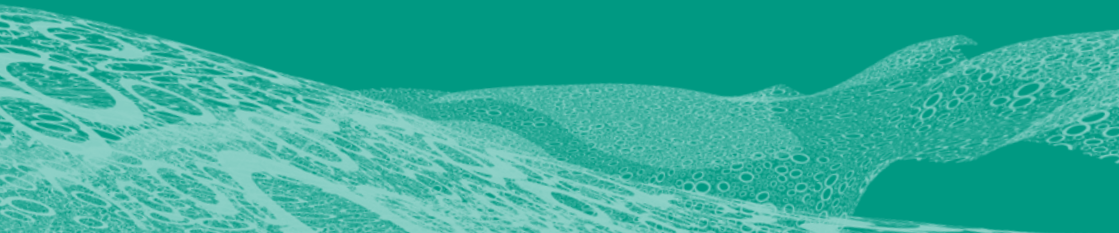




# You and your incredible baby

Information for parents

Having a baby is a really big deal  
and can completely change your life.





Everyone has an opinion about the best way we should feed our babies or help them sleep, but when it comes to understanding our babies' feelings – there's much less advice.

That's a pity though, because babies have got social and emotional needs, and the way we meet these needs in the early years really effects the relationships our babies will make when they are older.

If we do a good job of meeting our babies' social and emotional needs they feel safe and secure. But meeting these needs means we have to be able to see things from their point of view. It also helps to know what our babies are trying to tell us – but each baby has a different way of communicating. Babies can't yet talk and tell us what they want, but they do give us many clues and signals.

## What sort of help is offered?

During the course we talk about how babies' brains develop and how you can build an even stronger bond with your baby.

There are lots of ways of talking and playing with babies that can be great fun for both of you.

You will also get a chance to talk about your own experiences. By listening to others you might even get some new ideas and feel more confident about some of the difficult times that we all have with our babies.

Because every family is different, the group leaders won't just tell you what to do. Instead, they give general information about how babies develop socially and emotionally.

Then it's over to you to use these ideas in a way that suits you and your baby.

## Who is it for?

The courses are open to any parents living in the local area who have a baby aged 0-4 months at the start of the course. There are usually around 8-10 parents in each group, with 2 group leaders.

Not everyone likes the idea of doing a course as part of a group. Some people worry about having to talk in front of people and about others knowing their business.

But sometimes finding out you are not the only one with a problem can make it easier. Your trained group leaders will try and make everyone comfortable within the group and you can say as much or as little as you want.

## How long is the course?

The course is 2 hours each week for 10 weeks.

## What about child care?

Your baby stays in the course with you. A crèche for other pre-school children is provided. It is run separately by experienced staff, who will provide structured play activities while you attend the course. Both crèche and the course are free of charge.

## The course aims to:

- Build on your knowledge of your baby
- Help with babies' brain development
- Practice responding to babies' cues and signals
- Share ideas to improve babies' learning
- Give details about how babies develop in the first months
- Share ideas for getting support for yourself



## I'm interested – what happens now?

Whoever gave you the information about the course (childrens centre staff, midwife, health visitor, etc.) will give us your details.

They will then arrange for us to visit you at home together with them. This is to allow us to explain more about the course and answer any questions that you may have, as well as to find out a bit about you and your baby.

**We look forward to meeting you!**

Contact your local children's centre

 [rochdale.gov.uk/ChildrensCentres](https://rochdale.gov.uk/ChildrensCentres)

 [family.info@rochdale.gov.uk](mailto:family.info@rochdale.gov.uk)

 01706 719900

