



Come and join our **Free** 'Baby Steps' sessions aimed at supporting parents and infants to regain confidence following the impact of Covid-19.

The group will provide you with a variety of learning and social opportunities to support health and wellbeing and child development for you and your baby. The group is run by experienced Practitioners who focus on a range of age appropriate activities including messy play, importance of books, weaning, treasure baskets and much more!!

Virtual sessions:

Every Thursday at 9.15am (on Zoom)

Face to face sessions in Forest of Dean:

Day	Location	Time
Thursday morning's	Hilltop Children & Family Centre, Latimer Road, Cinderford, Forest of Dean, Gloucestershire, GL14 2QA	<u>Baby Steps Group:</u> 9:30am to 11am (0-9 month age) <u>Confident Walkers Group:</u> 11:30am to 1pm (9 month–2 years age)
Thursday Afternoon's	River Children & Family Centre, Naas Lane, Lydney, Forest of Dean, Gloucestershire, GL15 5AU	<u>Baby Steps Group:</u> 12.00pm-1.30pm (0-9 month age) <u>Confident Walkers Group:</u> 2.00pm-3.30pm (9 month–2 years age)

Limited spaces available - book weekly, in advance by emailing Sallyanne on gloucestercitytfs@barnardos.org.uk

(When booking please include child's age, post code and your email address for zoom)