

Empowering Parents Empowering Communities



**FREE
course**

Are you a parent, carer or guardian of 0-2 year olds?

Baby and Us focuses on the first 2 years of a child's life. EPEC courses are highly interactive, offering an engaging and creative blend of small and large group discussion, role play, demonstrations, information sharing and reflection.



Scan code or click the link to sign up: <https://forms.office.com/e/gzspudCPJJ>



Baby and Us covers topics such as:

- Following your baby's cues & understanding your baby's temperament
- How to feel more confident in your role as a parent
- Learning to communicate responsively & build a good attachment with your baby
- An opportunity to develop friendships with other parents
- Games, singing, physical touch and play to have fun with your baby
- Support to understand your baby's crying/sleeping/feeding, and the practicalities of your baby's routine

Please see below our groups (excluding half term):

Nashdom

Sun St, Walsall,
WS1 4AL

Wednesdays

18/9/24 – 20/11/24
10:30am – 12:30pm

Sneyd Hall Community Centre

Sneyd Hall Road, WS3 2NN

Wednesdays

18/9/24 – 20/11/24
10:30am – 12:30pm

Moxley Centre

3 Queen Street,
Moxley, Wednesbury,
WS10 8TA

Wednesdays

9/10/24 – 17/12/24
12:30pm – 2:30pm

Busill Jones Primary School

Ashley Road,
Walsall, WS3 2QF

Tuesdays

8/10/24 – 10/12/24
09:30am – 11:30am

For more information:  earlyhelpvolunteers@walsall.gov.uk  01922 652 471

 Early Help | Walsall Council  www.walsallfamilyhubs.co.uk