

FREE



EMPOWERING
PARENTS
EMPOWERING
COMMUNITIES

Baby and Us Group

Do you have a Baby between the ages of 0-9 months and live in Flintshire?



We may have the group for you....

8 week group run by fully trained local parents

An opportunity to meet other parents and have a cuppa

Support and learn about your baby's development

Feel more confident as a parent

Some of the topics we cover over 8 sessions

- Your baby's personality
- Managing stress
- Taking care of ourselves
- Feelings
- And more.....

Hawarden Scout hut
Starting Wednesday
17th January
10- 12pm
for 8 weeks

TO BOOK A PLACE CONTACT EMMA ON
07584 533111
FLINTSHIRE.EPEC@FLINTSHIRE.GOV.UK

Am ddim



EMPOWERING
PARENTS
EMPOWERING
COMMUNITIES

Grwp Babi a Ni

Oes gennych chi babi rhwng y 0-9 mis oed ac yn byw yn Sir y Fflint



Mae ganddo ni y grwp i chi....

Grwp 8 wythnos yn cael ei redeg gan rieni lleol sydd wedi'u hyfforddi'n llawn

Cwrdd a thieni newydd am paned o de Cymorth a dysgu am ddatblygiad eich babi

Hybu eich hyder fel rhiant

Rhai o'r pynciau rydym yn ymdrin â hwy dros 8 sesiwn

- Personaliaeth eich babi
- Rheoli straen
- Gofalu amdanom ein hunain
- teimladau
- A mwy.....

Cwt Sgowtiaid
Penarlâg
Dechrau Dydd Mercher
17 Ionawr
10- 12pm
am 8 wythnos