

A Course For Parents & Babies

Presented to you by
PARENTS CENTRE



Moving & Munching



2 FUN AND INFORMATIVE SESSIONS FOR PARENTS OF CHILDREN AGED 4-12 MONTHS

Learn about:

- The development of language and intellect and how you can stimulate this
- Introducing solids and establishing good nutrition
- How to prepare first foods and ideas on what foods to give your baby at different ages
- How babies learn through play and age appropriate toys
- The development of fine and gross motor skills and how you can assist
- Baby safety not that they are mobile

Venue: Parents Place,
87 Boundary Road,
Hamilton.

Time: 10.00am - 11.45am

Day: Every Monday for 2 weeks

Cost: \$15 Parents Centre Members

\$25 Non Members

Enrol and receive the "Baby Food and Beyond Recipe Book" by Alison Holst and Simon Holst
Free with the course



Start Dates 2010

8th & 15th Feb, 12th & 19th Apr, 14th & 21st Jun, 9th & 16th Aug, 27th Sept & 4th Oct, 6th & 13th Dec
Dates are subject to change. Please register to ensure correct dates.

Please register me for the next Hamilton Parents Centre Moving & Munching Course

Either Call: 07 853 6110 or email: dondon77nz@hotmail.com

OR complete this section and send to: Moving & Munching Course, Hamilton Parents Centre, P O Box 1494, Hamilton.

Your Full Name: _____

\$15 Parents Centre Member

Your Baby's D.O.B: _____

Your Member No.: _____

Baby's Name: _____

\$25 Non Member

Address: _____

Phone No.: _____

Email Address: _____

Internet Banking: Westpac 03-1557-0019969-00 Please use Surname and M&M as reference

We will confirm your place as soon as possible.

Please try to book early, as the course is popular.

Hamilton Parents Centre looks forward to seeing you and your baby on this course