



## BABY & YOU TURANGI COURSE

*A postnatal course is a fun way to meet other new parents whose babies are the same age as yours. It is a friendly, informal course and each 2-hour session has plenty of time for you to have your questions answered. Tutors are there to support you and your baby, whilst facilitating the sessions. The course runs for 6 weeks on Fridays. Different topics are covered each week.*

### Feeding, Sleeping & Crying

- Sleeping & crying
- Breast & Bottle feeding
- Mothers diet & Healthcare needs
- Sleeping patterns

### Learning for Life

- Child Development—how, what
- Baby Reading—when, what, why

### Healthcare

- When to call a doctor
- Immunisations
- Common illnesses—signs and symptoms

### Touch

- Getting back into shape
- Baby massage & post natal exercise
- Relaxing with baby

### Changes

- Adjusting to motherhood
- Stress management
- Changing relationships
- Post Natal Depression

### Coffee Group Session

- Catch up with everyone you have met over the last 6 weeks

**Cost: FREE**

**Where: Turangi Fire Station**

**When: Friday 6th May and runs every Friday  
until 10th June 2011 10am-Noon**

For further information or to book please call Leigh 07 386 5323

or Stacey 021 026 78507 or drop us an e-mail: [taupoarentscentre@xtra.co.nz](mailto:taupoarentscentre@xtra.co.nz)

Course run by Taupo Parents Centre

phone: 378 4995 [www.parentscentre.org.nz/taupo](http://www.parentscentre.org.nz/taupo)

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