



**Healthy Child  
Service**  
Local Area Teams

# **NURTURE**

## **Breast Feeding Group**

Due to popular demand, we are changing the Nurture breastfeeding group at The Avenues Children's Centre to improve the support we can offer.

From **TUESDAY 30<sup>TH</sup> JANUARY** please note the following changes:

### **10:00-11:00AM - NURTURE: Early days**

This drop in session is for new parents and babies up to 8 weeks old and pregnant women.

This session is to promote breastfeeding, support new parents and address breastfeeding difficulties.

### **11:00-12:30AM - NURTURE: Social**

This drop in session is for parents and babies from 8 weeks old. Come along and meet other parents and support each other to continue breast feeding.

There will be a Health Visitor available from 10:00-11:30AM and Treasure Chest supporters will be available all morning.

Any questions please contact the Healthy Child Service East Team on  
01904 551760

