



# Baby, Family and You

using Triple P for Baby



## Are you a parent-to-be or parent with a baby up to 12 months old?

These sessions, delivered in a group setting, give you practical strategies to create the best environment for your baby's development – and feel more confident in your parenting journey. Gain ways to cope with frequent crying, set up good sleep habits, read your baby's cues, look after yourself, adapt to changes in family life, and more. Get your Baby, Family and You off to a positive start!

**DAY:** Thursday

**DATES:** 1st of May-22nd May

**TIME:** 1:30pm-3:30pm

**VENUE:** Margate FH

201, High Street

CT9 1WH

**DAY:** Monday

**DATES:** 16th June-7th July

**TIME:** 12.30pm-2.30pm

**VENUE:** Priory FH

Cannon Road, Ramsgate

CT11 9SQ

**DAY:** Wednesday

**DATES:** 1st October-22nd October

**TIME:** 12.30pm-2.30pm

**VENUE:** Birchington FH

Park Lane

CT7 0AS

To book your space please email [ThanetFamilyHubs@kent.gov.uk](mailto:ThanetFamilyHubs@kent.gov.uk)

You are welcome to bring your baby along, we have a baby friendly environment set up within the room.

Visit your local Family Hub today

[www.kent.gov.uk/familyhub](http://www.kent.gov.uk/familyhub)

