

## Parents have made these comments about the Baby Explorers Programme...

"I am much more aware of brain development and how I can help her development"

"The programme was full of ideas to help enhance my baby's learning activities"

"I loved it, the group was great. Good discussions too"

"I'm happy that I attended. I'm sure now that I am doing the right stuff"

"I feel more confident, it was nice meeting other mums"

"Removing the plastic toys and having the treasure baskets out has changed my outlook on what I would give my baby to play with. He really loves the scarves and tubes and we add to it all the time"

For more information and/or a registration form please contact:

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# Baby Explorers

Better brains for babies!



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## How will my baby and I benefit from this course?

You and your baby will enjoy some supported time together where you can share and explore different ways to play and communicate with your baby. The sessions will look at different ways you can really help your baby form and develop skills for life!

## How many sessions are there and how long is each one?

There are 6 sessions and once parents have joined the group, the same parents will attend every session. Each session will last an hour and a half, with refreshments provided for parents and children.

## Who will be delivering the sessions and do I need to attend every one?

At least 2 experienced workers will be with parents at every session and to gain maximum benefit it is best to attend every one.

## Sessions will include...

- How your baby's brain develops
- Watching a DVD on how your baby sees the world
- Why love matters
- Different ways to play and communicate with your baby
- Baby massage



## Will there be a crèche?

Yes, but sometimes babies/children and parents will be together.

## Where will the Baby Explorers programme be held?

The course will be held in community venues across the Canterbury District.



Certificates will be presented on completion of the course.