



Bubs in mind

Having a new baby is a special time. Sometimes factors impact on you enjoying this time. If you are feeling sad, or this period is not what you thought it was going to be, these sessions could help.

The group will run on Mondays from **2 pm** to **3.30 pm** over 6 weeks at Bubup Nairn Children's Centre.

The facilitated group sessions will be run by an MCH Nurse and Parenting Educator.

The sessions will focus on you and getting to know your baby through sensory mediums like:

- baby massage
- music
- connection through play.

Exploring your baby through the senses

- Week 1 - sight
- Week 2 - sound
- Week 3 - smell
- Week 4 - taste
- Week 5 - touch
- Week 6 - movement

If you are interested, please speak to your MCH Nurse for a referral

✉ MCH-Admin@portphillip.vic.gov.au

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