

Early years care for you and your baby



Would you like to learn some new skills to help you better care for yourself and your baby?

Join us for the free *'Early years care for you and baby'* workshop, which will be facilitated by a Social Worker and an Early Childhood Mothercraft Nurse. Workshop topics include:

- Self-care
- Sleeping
- Settling
- Bathing
- Feeding
- Starting solids
- Developmental milestones in the first three years.

Wednesday 19 June 2019
10.00am–1.00pm
at The Infants' Home
17 Henry Street, Ashfield 2131

Morning tea and lunch provided. Free child minding provided, but bookings are essential. For further information and bookings: Call Anglicare Family Support team on **9798 1400**.

