

Babies – 0 to 18 Months

Free activities and support for Hackney families with a child aged 0 to 18 months.

At Hackney Children's Centres you can:

- Relax and enhance the crucial bond with your baby at a baby massage session
- Find out about giving your baby their first foods
- Receive information to keep your baby healthy
- Check that your baby has had all the immunisations they need
- Get support with breastfeeding
- Get support with sleep routines
- Make new friends for you and your baby

Check out the 0-18 month timetable for each Children's Centre.

For further information visit
www.learningtrust.co.uk/childrens_centres

