



Baby Days at Holdsworth Family Services and Playgroup

When: Tuesdays, Wednesdays and Thursdays in the school term
Where: 9:30 - 12:30 During Playgroup at Holdsworth Community Centre,
64 Holdsworth St, Woollahra

Baby Days are a great way to meet other parents in an informal setting and stimulate your child's growth and development as you play together. *Baby Days* are an opportunity to share your experience with other caregivers and gain new information.

Baby development from newborn to toddler is fast and exciting. The first three years are really important for brain development and future health & well being. Most learning happens through play and exploration and playing is one of the best things you and your baby can do together. It's how baby develops a sense of self and a place in the world.

We offer:

- A safe area for your baby to explore their world
- The chance to meet other parents and carers
- A sing-along with nursery rhymes
- An introduction to a Playgroup that you and your child will enjoy for years to come
- A great opportunity to get out of the house!

Our *Baby Days* are facilitated by Louise De Lorenzo, Midwife and Nurse. They are part of our Playgroup which operates at Holdsworth every weekday morning of school term.



To find out more about *Baby Days* and to discuss what parenting information might be valuable to you, contact Louise on 9302 3600. For more information about Playgroup contact Lucian, also on that number.

An Information Sheet and the Term Calendar can be found at
http://www.holdsworth.org.au/s_children_family.htm

Holdsworth Community Centre & Services
Ph: 02 9302 3600 Email: parentsupport@holdsworth.org.au
<http://www.holdsworth.org.au>

