

Support at the Family Hub

This month we are spot lighting the feedback from some of our families.

Baby Massage

Being able to confidently massage our baby means a lot to myself and baby's dad. It's a different way of caring and helps baby's wind down ready for bed.



Video feedback

Bookstart

"I've started reading to my daughter wherever she is—whether she's sitting on my lap or playing nearby—because I now understand that it still has a positive impact, no matter what she's doing. She's become much more interested in picking up books herself, and I've noticed she's a lot more chatty too. I'd definitely recommend this course to anyone with a little one."

Within My Reach

The course has helped me to recognise my own thoughts and feelings and how I can better manage these when me and my wife are arguing. This has helped me to think before I speak and to recognise the way I speak- meaning my children will no longer hear the arguments when we have them. I know now when I need to take time out to calm down

Triple P

Learning to use assertive communication rather than being emotional will help me to make better decisions when talking to my ex, talking to him has always been so hard because I am angry about things, but now I can talk to him directly without feeling angry and by being strong

Sensory Play spaces

The free space is quick easy and super clean! It's a calm controlled environment that assists the children with lots to do but also feels like you can breathe as a parent

Visit our website to express your interest in a course. We will contact you with upcoming sessions in your area.

[CLICK HERE](#)

Why are nappy sacks so dangerous?



They're found in almost every changing bag, but did you know that nappy sacks can kill small babies?

As nappy sacks are flimsy, they can easily cling to a baby's face as they breathe in and can tragically result in suffocation or choking.

child accident prevention trust

