



In partnership with Nepean Hospital
we are pleased to offer this
FREE workshop with FREE childcare

Introduction to Communicating with Babies

This introductory workshop will assist expectant parents, grandparents-to-be, first time parents, carers and extended family members who wish to recognise the communication of young babies. The workshop will include information and discussion on:

- Understanding the sleep/feed/awake cycle
- Reading babies physical and verbal communication cues
- Minimising distress in babies by recognising early, mid and late cues of tiredness, hunger, too hot/cold, loose wrapping
- Upper and lower wind pain, sleep-talking, comfort sucking
- Maintaining ideal temperature and avoiding heat/cold stress
- Giving reassurance to build confidence in babies
- Tips for dads as mentors; babies 'best mate'
- Further supports for mothers and fathers

Monday 21st October 2019

9.30am—12noon

BOOKING ESSENTIAL!

02 4588 3502

Email: admin@rcsi.ngo.org.au

At: Richmond Neighbourhood Centre

20 West Market Street

Richmond, NSW 2753

...making a difference...

