

The Incredible Years®



Parents, teachers, and children training series

For Babies 0-6 Months

Incredible Babies explores your baby's growth and development with topics such as:

- Becoming a parent
- Learning how to read your baby's mind
- Coping with crying
- Gaining support
- Baby massage
- Helping your baby feel loved, secure and safe
- Weaning and looking at all the ways your baby develops within the first year of life

Incredible Babies is a relaxed, free and informal weekly group session which will give you the opportunity to meet others.

**Family Hubs**

Here for everyone



For more information
speak to your



Health Visitor or Family Hub