

# Baby Steps



**FREE**  
**BOOK**  
**NOW!**



## Come and join our 'Baby Steps' sessions

A group supporting parents and infants to regain confidence following the impact of Covid-19.

The group will provide you with a variety of learning and social opportunities to support health, wellbeing and child development for you and your baby.

| Venue  | Day of the Week | Baby Steps (0-9 months) | Confident Walkers (9-24 months) |
|--|-----------------|-------------------------|---------------------------------|
| <b>Face to face</b><br>Hilltop Children & Family Centre,<br>Cinderford, GL14 2QA | Fridays         | 9.30am – 11.00am        | 11.30am – 1.00pm                |
| River Children & Family Centre, Lydney,<br>GL15 5AU                              | Thursdays       | 12 noon – 1.30pm        | 2.00pm – 3.30pm                 |
| <b>Virtual</b><br>Via Zoom   | Thursdays       | 9.15am – 10.15am        |                                 |

Limited spaces available - book weekly in advance by emailing [babystepsglos@barnardos.org.uk](mailto:babystepsglos@barnardos.org.uk)

Please include the following details when booking: child's age, post code and your email address for Zoom

**Believe in children**  
 **Barnardo's**



**Could you volunteer?**  
Find out more by calling Anne on 07710 508846