

## The Workshops

Sessions last for 1 hour. You will need a smartphone or computer with the camera enabled. We will send you a link to join the workshop through Google Hangouts.

- Access to evidence-based resources
- Additional follow-up support where needed

## Night-time Parenting

*Thursdays 2-3pm*

- Caring for your baby at night
- Feeding at night time
- Safe sleep for all the family

## My Growing Baby – What Next?

*Wednesdays 11am-12 noon*

*From 4 months*

- Preparing for starting solids
- Growth spurts and feeding
- Milk after 6 months

## Would you like some practical support and information about feeding your baby?

### INTRODUCING OUR NEW FREE ONLINE INFANT-FEEDING WORKSHOPS

Come along to our new set of interactive workshops, hosted by the local Infant Feeding Team. We will offer 5 different sessions across each week for you to take part in from the comfort of your own home. It is a great opportunity to meet other local families!

## SIGN UP NOW!

To book sessions call us on  
**020 8496 5222** or email  
[wfsupport@henry.org.uk](mailto:wfsupport@henry.org.uk)



We are also on Instagram and Facebook  
@HENRYinWalthamForest

**Infant feeding helpline**

**020 8496 5222**

**Mon-Fri- 9am-5pm**

*All sessions are free for Waltham Forest residents. Mothers and partners are welcome to attend*



## Me and My New Baby

*Fridays 2-3pm*

*From 30 weeks into pregnancy to 6 weeks after birth*

- Getting feeding off to a good start
- What to expect in the first few weeks
- Is my baby getting enough milk?
- Looking after myself

## Building Closer Relationships

*Wednesdays 11am-12 noon*

- Building a happy and independent baby
- How to cope when baby cries
- Soothing babies with positive touch

## Guide to Bottle Feeding

*Mondays 11am-12 noon*

- Which milk should I use?
- How much and how often?
- Can I use bottles alongside breastfeeding ?
- Safe practice with formula and expressed milk