



# Baby, Family and You

using Triple P for Baby



## Are you a parent-to-be or parent with a baby up to 12 months old?

These sessions, delivered in a group setting, give you practical strategies to create the best environment for your baby's development – and feel more confident in your parenting journey. Gain ways to cope with frequent crying, set up good sleep habits, read your baby's cues, look after yourself, adapt to changes in family life, and more.

Get your Baby, Family and You off to a positive start!

**DATE:** Wednesday 17th September 2025 for 4 weeks

**TIME:** 13:00 - 15:00

**VENUE:** Murston Family Hub, Tonge Road, Sittingbourne, ME10 3NT

**DATE:** Wednesday 5th November 2025 for 4 weeks

**TIME:** 13:00 - 15:00

**VENUE:** Bysing Wood Family Hub, Lower Road, Faversham, ME10 7NU

To book your space please email [Swalefh@kent.gov.uk](mailto:Swalefh@kent.gov.uk)

You are welcome to bring your baby along, we have a baby friendly environment set up within the room.

**Visit your local Family Hub today**

[www.kent.gov.uk/familyhub](http://www.kent.gov.uk/familyhub)

