



# NATTER AND NURTURE

@RAINBOW FAMILY HUB

Rainbow Family Hub

Thursdays

10am - 11.30am

Do you have a new baby?

Would you like to meet other new parents/carers in Rainbow Family Hub's Community Cafe?

Well, why not pop along to our Natter and Nurture session - aimed at new parents/carers. Our Growing Healthy team will be on hand to answer your questions, pass on tips and advice. Scales will also be available to weigh your baby - facilitated by our Family Peer Supporters.