

# HEALTHY MINDS THRIVE PROJECT'S

## LET'S TALK SESSIONS FOR 0-6 MONTHS

### LET'S TALK SLEEP!

Sleep is often a big stressor for many parents. It's completely normal for babies not to sleep through the night, but it doesn't mean it isn't hard. Whilst we can't magically make your baby sleep we can help you with:

- Naps and routines.
- Good sleep hygiene.
- Normalise your experiences!
- Help you feel less isolated.



### LET'S TALK PLAY!

Play can trigger anxious feelings in many parents, as well as resentment and frustration. Play, particularly when your baby is between 0-6 months can feel awkward and weird. Our sessions will help you:

- Attune to baby.
- Find new ways of playing.
- Adapting play to your environment.
- Support with any feelings that might be triggered for you.



**THESE SESSIONS ARE FOR  
ALL PARENTS/CARERS WITH  
0-6 MONTHS.**

#### WE AIM TO:

- Increase your confidence.
- Reduce stress and low mood.
- Community.
- Bond with baby.
- Normalise your experiences!

### WHEN AND WHERE?

**Ellen Brown Children and Family Centre**

#### Play Session:

**Wednesday 7th August 10-11:30**

#### Sleep Session:

**Wednesday 14th August 10-11:30**

### HOW TO SIGN UP:

Email:  
[healthymindsthive@southwark.gov.uk](mailto:healthymindsthive@southwark.gov.uk)

TEXT OR CALL: 07405 761 161

Find us at your local children and family centre across Southwark:

- Rye Oak
- Dulwich Wood and Crawford
- 1st Place Family Hub
- Pilgrim's Way