South Gloucestershire
PATCHWAY
BEST START
FAMILY HUB



Understanding Your Baby

Free 8-week group for parents and carers with babies aged 0-6 months

Join our friendly weekly group to help you understand your baby's needs, build your confidence, and connect with other local parents.

Scan or click the QR code for more information

Group dates: 4 December 2026 – 5 February 2027 (No sessions 25 December, 1 January)

Times: 1 - 3pm
Address: Patchway Best Start Family Hub, Epney Close, BS34 5TF

Is this group for you?

This group is for families who would like to:

- Learn practical tips on feeding, sleep, safety and development.
- Build a strong bond with your baby.
- Feel more confident in your parenting.
- Explore ways to play, communicate and connect with your baby.
- Look after your emotional wellbeing during the transition to parenthood.

Connect with other local parents and build supportive friendships.

TOGETHERNESS
For bumps, babies, school and beyond
Emotional health learning for parents and carers

South Gloucestershire Council
Delivering with you

BEST START IN LIFE