

FAMILY HUB

GROBRAIN



The GroBrain Baby Course is for parents of babies pre-birth to 12 months. It focusses on bonding and brain development, and the vital part parents and carers play in 'wiring up' the connections in their baby's brain in the first 1001 critical days of life. The 'in person' Baby Course consists of four sessions, lasting around 2 hours each.

- Bonding and brain development
- Communication and play
- 'Tuning in' to babies' cries and signals
- Stress management for parents

SCAN ME

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NHS