

Contents of the group

Within the group different topics will be discussed each week, including:

- Becoming a parent and getting to know your baby, including crying, getting sleep and support, baby's likes and dislikes.
- Communicating with your baby.
- Physical, tactile and visual stimulation, including baby exercises, massage and play.
- Reading your baby's mind, including helping your baby to calm down, self-soothing and routines.
- Getting support and feeling supported; sharing your worries and joys.
- Emerging sense of self, including physical and language



How do I start?

If you feel you would benefit from attending the group or would like more information about the programme, please contact one of the following:

Kindred Family Centre
on Tel No: 253279

Or Your Health Visitor
on Tel No: 725241
(ask to be put through to your Health Visitor or to Lukis House reception)



States of Guernsey
Children and Family
Community Services

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HSC No: 955

The Incredible Babies Parenting Group



**8 week Parenting Group
for parents with babies
aged 0-12 months**

The Incredible Years
Parents, teachers, and children
training series



What is Incredible Babies?



In this parenting group we will discuss your baby's first year of life and ways that you can get to know your baby through careful observation. You will learn to read your

baby's subtle cues and internal state and to communicate with your baby according to her needs and responses. By observing your baby carefully you will learn about your baby's unique temperament and how you can facilitate your baby's own intellectual, physical, social and emotional development.

None of us are born knowing how to parent. And if you are a new parent you may be overwhelmed by the many things there are to learn such as how to feed your baby, bath her and change her nappy. This Parenting Group will help you learn some of those practical things but it is also important to remember that you already have an incredibly valuable parenting tool - that is the love you have for your baby.

Who is it run by?

Groups are facilitated by three HSC professionals (two group leaders and one group assistant) who are from a variety of child health and social care backgrounds. The group leaders are fully trained in the delivery of the programme.

When and where?

The Incredible Babies parenting group is a two hour group which runs once a week for a period of 8 weeks. We would expect a commitment from you to come along to each session.

Babies will stay with their parents during the group sessions.

The group will take place at the Kindred Family Centre.



Who is it for?

The Incredible Babies parenting group is for parents with babies who are aged 0-12 months at the time of starting the group.



How does it work?

We will use DVDs of other parents interacting with their babies, group discussions and other activities to try to identify ways to understand our baby's needs. The group uses discussions to help you think about your baby and yourself because you are the expert on your child.

Usually you will be given 'homework' in between sessions to record something or try something new at home. This is a chance to try out new ideas for yourself.