

Work with pregnant women or families with infants?

Heard about the baby box stretchy wraps?

Why not pop along to one of the...

Babywearing stretchy wrap sessions

- Tuesday 27th February, 1pm- 2:30pm: Bathgate Health Centre (Meeting Room)
OR
- Thursday 8th March 3pm – 4:30pm: Strathbrock Partnership Centre (Rooms 2& 3)
OR
- Monday 23rd April 9:30am- 11am: St John's Hospital, Parent Education Room

Contact HIT@westlothian.gov.uk / 01506 77526 to book a place.



Session Aims: to enable participants to be confident knowing how to tie a stretchy wrap safely, and to gain information on the benefits of babywearing

What is covered? Confidence with a stretchy wrap, positioning & safe sling use (TICKS), babywearing benefits

