

# It's all about babies

Active birth and  
pain relief

Infant feeding  
and weaning

Baby brain and  
attachment

Emotional wellbeing  
and support



Supporting mums  
for birth and after

Baby first aid

Play from birth  
to six months

grandparents and  
family supports

**Saturday 23<sup>rd</sup> April**  
**1pm-4pm**  
**Howden Park Centre**  
*Livingston, EH54 6AE*

An exciting free, family afternoon full of expert information, advice and workshops on anything and everything to do with pregnancy and babies up to six months

*Please bring along your maternity folder, one other form of ID, baby and family so you can get the most out of the day*

# Welcome to it's all about babies

This is an exciting time, a whirlwind of learning and exploring. It's all about babies covers a wide range of pregnancy and parenting topics brought to you by our team of experts. Included are ½ hour workshops that you can book on the day. The workshops are designed specifically for you and your family to help reassure and guide you at this important time.

A market place enables you to browse at your leisure and ask about matters relating to you your pregnancy and your baby.

To help you on your way all mums-to-be and mums have the opportunity to enter our prize draw and win a £100 centre voucher on admission to the event.

We look forward to seeing you

*It's all about babies team*

## The days programme

1pm	welcome, main event arena
1.45pm	workshops, and demonstrations
3.45pm	prize draw
4pm	close



## The market place

Kidzeco, West Lothian Sling library, Advice Shop, Breastfeeding, infant feeding and weaning support, ask a midwife, Sure Start, citizens advice bureau, ask a health visitor, Credit Union, Library Services, what's on in your area.

## The it's all about babies team

NHS-Midwives, Health Visitor, Sure Start, Home Start, Citizens Advice Bureau, Credit Union, Fire Scotland, West Lothian Drug and Alcohol project, Domestic Abuse Support Team, Health Improvement Team, Kidzeco, British Red Cross, Advice Shop, Library Services, Community Regeneration & COZ

*For information on bus options please see First Bus timetable*

*at:[http://www.firstgroup.com/ukbus/scotland\\_east/journey\\_planning/timetables](http://www.firstgroup.com/ukbus/scotland_east/journey_planning/timetables)*