

Programme of the day

Registration	08:00 - 09:00
Welcome To Mama Club	09:00 - 09:15
Boundaries & Babies	09:15 - 09:45
Car Seat Safety	09:45 - 10:15
Give Aways	10:15 - 10:30
Bathroom Break	10:30 - 10:45
Baby Milestones	10:45 - 11:00
Introduction To Solids	11:30 - 12:00
Securing Your Child's Future	12:00 - 12:15
Give Aways	12:15 - 12:30
LUNCH	12:30 - 14:00
Postnatal Depression	14:00 - 14:30
Sex After Birth	14:30 - 15:00
Final Give Aways	15:30