

PROGRAMME OF THE DAY

Arrival &
Registration

08:30 - 09:00

Welcome
To Mama Club

09:00 - 09:15

Adjusting to Motherhood/
Mental health

09:15 - 09:45

Car seats:
safety and choosing a seat

09:45 - 10:15

REFRESHMENTS

10:15 - 13:30

Your newborn:
reading baby's cues

10:30 - 11:15

To pump or wean:
back to work

11:15 - 12:00

Introduction to Solids

12:00 - 12:45

LUNCH & SUPPLIER INTERACTION

12:45 - 14:00

Sex after birth

14:00 - 14:30

SUPPLIER INTERACTION

14:30 - 15:30

we've got you

In partnership with

parent  sense