

Together Time Group



Who is the group for?

For parents with babies aged 3-8 months.

Join us to learn about baby-led play which helps you and your baby build confidence along your parenting journey.

You will meet other parents and discuss your parenting experiences in a relaxed environment.



How can I take part?

You can get in touch yourself to sign up, using the contact details below:

Contact the team on

07740421626

pairs_lambeth@slam.nhs.uk

Together Time will help you to:

- Strengthen your relationship with your baby
- Be with and observe your baby in the 'here and now'
- Explore your baby's thoughts, feelings and behaviour in a mindful way
- Discuss your experience of your child's play and interaction.

Where and when is the group?

Our groups run every term at local Children's Centres. They will be advertised through the Children's Centre programmes. You can also find out about upcoming groups through www.lambeth.gov.uk/parenting

Lambeth Family Hub Network

Lambeth Start for Life Offer

NHS
South London
and Maudsley
NHS Foundation Trust


Lambeth