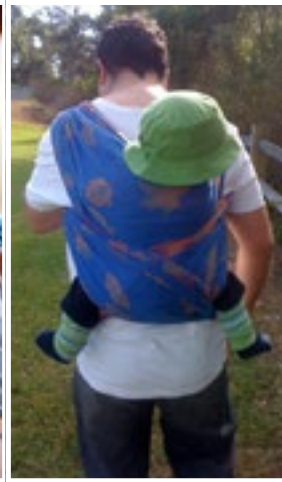


SLINGS AND THINGS

BABY WEARING 101 WORKSHOP



ABOUT THE WORKSHOP

Would you like to learn how to help your baby to sleep better, cry less and enhance their development? Come join us for our Slings and Things: Baby Wearing Workshop and explore 'Babywearing' - parenting's best kept secret.

Through our two hour practical workshop you'll learn about the pros and cons of the different carriers, identify positions that are safe, and provide the correct support for both baby and wearer.

HIGHLIGHTS

- Benefits of baby wearing
- How to determine a safe baby carrier
- Choosing and safely using your baby carrier
- Carriers for newborns and older children
- Breastfeeding while baby wearing
- How to match the carrier with the wearer and baby's/wearer's needs
- Differences between the various types of carriers
- Try lots of the major types and brands of carriers
- Learn how to make your own baby carrier or improvise

Bring your baby! Pregnant families welcome - dolls and teddies can be helpful for practice too! This workshop can be taken before or after baby arrives.

Workshop facilitated by Melissa Dopper
Babywearing Educator and Mum.

DATES

Check out www.pregnancy.com.au for workshop dates

PRICE

\$40 individual / \$65 per couple

BOOKINGS & LOCATION

PBB Health Centre

13A Buller St
North Parramatta NSW 2151
(opposite Doyle Ground)

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PBB HEALTH CENTRE