

# Baby and Us

**(Empowering Parents,  
Empowering Communities)**

Baby and Us is a 10-week group programme offered to parents/carers of babies under 12 months.

The course is led by trained EPEC (Empowering Parents, Empowering Communities) parent group leaders and aims to help children and families get the best start in life.

This course is free, with a creche, and runs term time at your local Family Hub.



## What will I learn?

It will help you to:

- Understand your baby's cues.
- Cope with challenges around feeding, sleep and crying.
- Interact positively with your baby.
- Manage parental stress.

We encourage co-parents to attend together if possible.

## What happens in a session?

EPEC courses are highly interactive, offering an engaging and creative blend of small and large group discussion, role play, demonstrations, information sharing and reflection.

Baby and Us covers topics such as:

- Following your baby's cues
- How to feel more confident in your role as a parent
- Learning to communicate responsively with your baby
- Building a good attachment between you and your baby
- An opportunity to develop friendships with other parents
- Games, singing, physical touch and play to have fun with your baby
- Understanding your baby's temperament
- Thinking about your relationships within the family and how these affect you and your baby
- Support to understand your baby's crying/ sleeping / feeding, and the practicalities of your baby's routine

## How can I sign up?

Sign up at [www.towerhamlets.gov.uk/parenteducation](http://www.towerhamlets.gov.uk/parenteducation)

If you have questions or need help with the online form, you can email:

**PAE@towerhamlets.gov.uk**

For further course information please contact the EPEC Hub Lead **Zubair Ahmed** on **020 7364 2240**