



Do you wait ages to be seen at your local baby clinic? Has your doctors' surgery closed its baby clinic?

**Mother & Baby Clinic & Workshops
Now open every week at LJFC!**

Many doctors' surgeries are closing their baby clinics. Others are too busy to cope.

To bridge the gap, LJFC now holds a clinic every **Monday morning 10.00am - 12.00**

Our two experienced, Jewish Health Visitors, Sharon and Ann are here every Monday to weigh your baby and discuss any other concerns you may have.

The following sessions will also include a special talk, given by an expert in that field. Talks start at 11.00am:

- Nov 23** Care of a sick child, signs and symptoms and when to call the doctor
- Nov 30** Feeding and weaning, dealing with common feeding problems (colic, reflux, etc.)
- Dec 7** A guide to development - the first year
- Dec 14** Introduction to safety, first-aid and resuscitation.
- Dec 21** Question and answer session
- Dec 28** Closed for Bank Holiday
- Jan 4** Solving your child's sleep problems
- Jan 11** Care of a sick child, signs and symptoms and when to call the doctor
- Jan 18** Feeding and weaning, dealing with common feeding problems (colic, reflux, etc.)

Don't forget to bring your Red Book!

To receive a text with details and dates of upcoming talks, text BABY CLINIC to 07966 393 952 or call 8209 1117 and ask to be put on the Baby Clinic texting list. For more info call the Centre 8209 1117

