

Children's Centres

First place for families

Infant feeding Parent-to-be
Advice Family Support Happy
Father Come along Sister Boy Maternity Parent craft Feelings Mother
Due-date Girl Sleeping Pregnancy Tiredness Relationship Brother
Breastfeeding Trimester Eat well

www.hertsdirect.org/childrenscentres



Hertfordshire Children's Centre programme

www.hertsdirect.org/childrenscentres



What can children's centres offer you?

Children's centres help parents-to-be, parents and carers to give their child the best start in life.

Children's centres can help you with:

- preparing to be a parent
- meeting other parents in your area
- information about feeding your baby
- information about returning to work
- childcare options
- sleep routines
- healthy eating and exercise.

Children's centres work with midwives, GPs, health visitors, nurseries and community groups to help you. They offer a wide range of services that take place at the children's centre, in community venues and in the families home.

You can register with your local children's centre before your baby is born.

To find your local children's centre visit www.hertsdirect.org/childrenscentres

