

## MBCC PARENTS PROGRAMME

SATURDAY 13<sup>TH</sup> OCTOBER

TIME	WORKSHOP A	WORKSHOP B	WORKSHOP C
<b>10.30 AM – 11.30 AM</b>	Carrying Multiples <i>Gillian Ryan</i>	Baby Calm Taster Session <i>CalmFamily</i>	Basic Buckles with Bob <i>Bob Betts – Little Possums</i>
<b>11.30 AM – 12.30 AM</b>	Carrying a Newborn (up to 8 weeks) <i>Dr Rosie Knowles</i>	Toddler Calm Taster Session <i>CalmFamily</i>	Parent and Toddler Yoga <i>Little Earthlings</i>
<b>12.30 PM – 1.00 PM - LUNCH</b>			
<b>1.00 PM – 2.00 PM</b>	Carrying and Breastfeeding <i>Lorette Michallon - Slingababy</i>	Postnatal Physiotherapy <i>Sundeep Watkins</i>	Baby and Toddler French <i>Amber's Language Music and Play</i>
<b>2.15 PM – 3.15 PM</b>	Baby Calm Taster Session <i>CalmFamily</i>	Toddler Calm Taster Session <i>CalmFamily</i>	Sling Swing Taster Session <i>Sling Swing</i>
<b>3.30 PM – 4.30 PM</b>	Carrying and Breastfeeding <i>Lorette Michallon – Slingababy</i>	Parent and Baby Yoga <i>Julia – Little Earthlings</i>	Basic Buckles with Bob <i>Bob Betts – Little Possums</i>