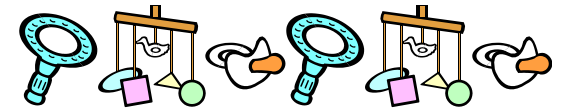


# “Tots and Tums”



## A Postnatal Class for new Babies and new Mums 2018

### Who can attend?

New mums with babies under 3 months living in the Dublin South West area.

### What does it involve?

A chance to meet new mums and meet your local Community Physiotherapists. We will provide information on:

- Getting in shape after pregnancy
- Pelvic floor and tummy muscle exercises after pregnancy
- Tummy time and positioning with your baby to promote healthy development
- Bonding with your baby

### Where and when?

**11.00 – 13.00**, in Tallaght Cross Primary Care Centre, Tallaght Cross West, Russell Building, Tallaght, Dublin 24 on the **3<sup>rd</sup> Thursday of each month**:

**18<sup>th</sup> Jan, 15<sup>th</sup> Feb, 15<sup>th</sup> March, 19<sup>th</sup> April, 17<sup>th</sup> May, 21<sup>st</sup> June, 19<sup>th</sup> July, 16<sup>th</sup> Aug, 20<sup>th</sup> Sep, 18<sup>th</sup> Oct, 15<sup>th</sup> Nov, 20<sup>th</sup> Dec**

### What do I bring?

Just you and your baby! Make sure to wear comfortable clothes as the class will have some practical elements!

Contact & Further information: **086-0257722** **FREE OF CHARGE**