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**Building Blocks A free 6-week programme for parents with new babies & young children aged 0-4**

**Running for 6 consecutive Mondays**

* **Date: Monday 18th September through 23th October**
* **Time: 10 am to 12 noon**
* **Location: Primary Care Centre, Kilnacourt House, Portarlington**

**To register, please call/text 086 1959221 or email** **dolores@parentsfirst.ie**

**Topics**

* **Sensory Play for babies/children**
* **Attachment & bonding tips with your baby**
* **Safe sleeping and self-soothing**
* **Baby menu designs**
* **Books to read to your baby**
* **Taking care of me - courses, work and childminding in the future**

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