

Popin Children's Centre

Baby Buds



A friendly stay and play session for you and your baby from birth up to 1 year.

A great place to meet other new parents and to gain and share information.

This session provides a safe environment for your baby to explore a range of soft sensory toys, along with a different sensory activity each week.

Enjoy the time to engage and bond with your baby whilst making use of the sensory toys, developmental activities, books and end of session singing.

This group runs every Monday (term time only) 10-11 AM in Hope Baptist Church, through the gates next to the library.

*Please note: Some of the sensory activities can be messy, so please bring a change of clothes for your baby.

For more information about the services that are run through the Children's Centre please call or email using the information below, where one of our friendly staff members will be able to help you

Popin Children's Centre

Sure Start Shop
The Beacon, Lark Hill
Plymouth
PL2 2LL

Phone: 01752 313293
Email: admin@larkcluster.co.uk
Website: www.popinchildrenscentre.co.uk



Why Baby Massage?

It is a lovely way to soothe, calm and enjoy time with your baby. It can also help you bond with them. Long before babies are able to speak, they communicate with the world around them through touch.

The power of touch to soothe and heal is instinctive. If a baby cries, for example, we often cuddle them or stroke their back. Massaging your baby is an extension of this natural impulse.

There are many benefits to:-

Builds mutual close loving relationships

Assists baby sleep and digestion

Bring confidence and well-being

You can build it into your daily routine

Muscles, joints and body systems of baby strengthened

Alleviates baby's colic or constipation

Soothes and relaxes you and your baby

Strengthens baby's general development

Aids baby's dry skin

Gives baby reassurance and sense of security

Enjoyment and comfort for parent and baby

