

# Babies & Bagels

## 6 week course for new mothers

In association with **seed**, Jewish Care and Borehamwood & Elstree Synagogue

### 26 January -

Crying babies and sleepless nights  
*Michelle Benham*

### 2 February - Baby Talk

What to expect from your baby's speech in the first year and how to encourage it.  
*Belinda Gabriel, Speech Therapist*

**9 February** - How do you cope with all the new things you need to know and do with babies...And the feeling of not knowing!  
*Michelle Benham*

### 16 February - Separation Anxiety

What to expect if you're leaving your baby for the first time and how to affect the change positively.  
*Shanni Solomon, registered nurse specialising in neonatal intensive care*

**23 February** - Being pulled in many different directions; do you have time to look after yourself?  
*Michelle Benham*

### 2 March - How to Avoid A & E

Beginner's guide to first aid for babies.  
*Dr Leslie Solomon, A&E doctor*

**Michelle Benham** - from **Jewish Care** will run three of the discussion groups. Michelle is trained in psychology and counselling and works at the **Martin B. Cohen 'Centre for Wellbeing'** in Edgware.

Tuesdays starting 10.00am  
at Borehamwood & Elstree Synagogue,  
Croxdale Road WD6  
Bagel Brunch provided  
£5 per session

**To book your place**  
call **Jo Pater 07980 309 714** or  
email: [joannapater@hotmail.co.uk](mailto:joannapater@hotmail.co.uk)



קהל בנסת ישראל  
Borehamwood & Elstree Synagogue

**JEWISH CARE**

**seed**

Please be aware that photographs may be taken, and lectures recorded for publicity purposes.