

# bump



# and beyond

A free community information event  
for expectant Mums, Dads and Partners



**Tuesday 23rd May**

**1pm - 2.30pm**

at

Extra Support for Families Hall  
Jaywick Community Resource Centre  
Brooklands Gardens  
Jaywick, CO15 2JP

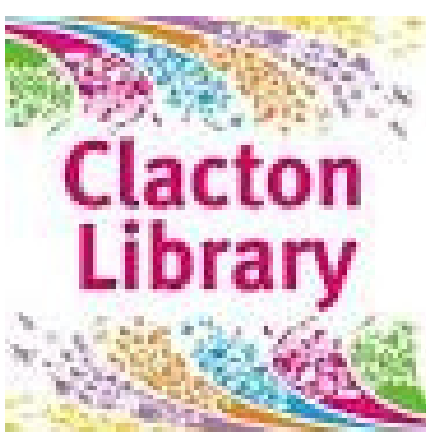


## ASDA



**Join us for information, activities and freebies  
to help you prepare for your new baby**

- Preparing for baby
- Infant feeding information
- Baby massage demonstrations
- Newborn clothes, nappies, toiletries
- Your maternity care
- Communicating with your baby and understanding their communication cues
- Treasure basket activities
- Summer safety and free sun cream
- Books and babies



**Free jacket potato lunch - Advance lunch booking required  
contact [emmas@parents1st.org.uk](mailto:emmas@parents1st.org.uk)**



Join Right Balance for a led seafront walk  
following the main event at 2.30pm



[www.essex.parents1st.org.uk](http://www.essex.parents1st.org.uk)