



Bright Start Islington

Every child | Every family

Just had a baby?

New parent group for mums, dads and their babies under 4 months

Meet other parents, share experiences and get information from health visitors and other professionals. Topics covered include:

- bonding with your baby
- sleep
- feeding
- looking after yourself and your relationships

To book your place

Call your Bright Start Team:

East – 020 3316 8689

West – 020 3316 8011

South - 020 3316 8449

