



Free
program for
new parents!

Baby Makes 3

Are you a first-time parent living in Cockburn?

Becoming parents changes more than routines and sleep – it changes how you communicate, share the load and support each other day to day.

Baby Makes 3 is a relaxed, supportive program for first-time parents, designed to help you navigate this transition together – without judgement, pressure or expectations.



Tuesday 7th and 14th April



5.30-7.30pm



Cockburn Integrated Health and Community,
Success

Why sign up?

- Sessions are interactive and easy-going
- Babies welcome!
- Pizza provided
- Connect with other first-time parents.

Scan

