

What do I do now?

Fill in the application form or contact us to find out more.

Natasha or Mumtaz will make contact with you to answer any questions you have and whether you would like to join Mellow Bumps. We look forward to welcoming you to the group and to Toyhouse!

**Natasha and Mumtaz
Toyhouse
The Toyhouse Centre
92 St. Paul's Way
London E3 4AL**

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Doing the best for your baby

Is your baby due between April and June 2025?

A short course of
6 x 2 hour sessions for mums-to-be,
starting:

Thursday 27th February & every

Thursday til 3rd April 2025

1pm - 3pm

AT

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Course Application Form



Name	
Address	
Mobile Phone	
Email	
Date of Birth	
Expected Date of Delivery (EDD)	
Do you have other children?	Yes / /No If yes, then ages:
Is this your first pregnancy? Yes / No	
Signed	
Date:	
If referred by another person / organisation, give details below:	
Name:	Role:
Contact email:	Phone No:
Additional comments:	

Every parent-to-be wants the best for their baby.

One of the best things you can do before the baby is born is to look after yourself as well as preparing for the new arrival.



This six-week group will help you chill out and relax. We will also have time to think about what your baby can already do and what you can prepare to make your baby welcome.

Every parent-to-be also worries about the new baby. Will he or she be healthy and can you look after them?

Getting together with other mums-to-be and sharing ideas can be really supportive. They know how you are feeling so you can support each other.



What will the group be like?

There will be about 6 to 8 mums-to-be and 2 workers. We will meet in a room where we can be private and have space for ourselves. Every week we will do some activities for ourselves and some activities to help us think about the babies, what they can do now and what they will need in the future.

Everything discussed in the group is private unless we think you or your baby might be at risk.

**The course will consist of 6 sessions from Feb – April 2025:
Thursdays 1pm to 3pm - with light refreshments provided.**

NO childcare provided

Address overleaf