



**Healthy
Little Minds**



I wish I knew how
to respond to you.
Even though you
haven't been born
yet, I want to make
you feel safe.



I am already
listening to you.
When you talk to
me, it helps me
feel safe and
loved.



**Join us at our drop in at Bestwood Family Hub, every 1st
Monday of the month at 1 - 3pm**

**Find out more about how Healthy Little Minds can help you bond
with your baby**

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**Nottingham
City Council**