



I'm not sure what you're trying to tell me... I'm trying my best, but sometimes I feel confused. I want to help you but don't always know how

You don't have to be perfect... we're still getting to know each other. We both need help sometimes and that's ok. We can learn and grow together



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**