



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



**Find out more about how Healthy Little Minds can help you bond with your baby**  
**Join us at our drop in at Broxtowe Family Hub every 1<sup>st</sup> Thursday of the month at 2 - 4pm**

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**Nottingham  
City Council**