

See how Healthy Little Minds can offer support for you and your baby's growing relationship



Healthy Little Minds is a service that helps **mums, dads and carers from pregnancy to 2 years old** build a strong and loving bond with their baby. We offer support, advice, and friendly guidance to help you understand your baby's needs and support their healthy emotional development

Join our **drop in sessions** at your local **Family hub** to learn more

www.asklion.co.uk/healthylittleminds
scan our QR code
Call us on: 0115 876 1771
Email: hlm@nottinghamcity.gov.uk

