



For parents of infants 0 - 12 Months

Feeding with love, the science of sleep, taking care of you and much more. Enjoy the first 1,000 day's with your new baby.

Hāpai Pēpi is a 10 session course covering a wide range of topics relating to the most often talked about and questioned parts of this important period.

The first 1000 days of your baby's life have an incredible and lasting impact – so it's wise to arm yourself with factual and useable information to make the most of this time.

There are a lot of long-standing myths about early childhood and this programme shines the light on what young children really need and how to bring this to your parenting.

Enjoying relationship with your children - The goal of every parent

We all want to enjoy our relationships with our children. While we imagine having perfect children might be nice, what we all really want are enjoyable, healthy relationships.

It starts with baby and Hāpai Pēpi has been developed to help you and your whānau flourish.

Brought to you in partnership with Good Neighbour

Enquire today:

office@goodneighbour.co.nz
07 394 4249



Weekly on Wednesday's for 10 weeks
Starts 28 July 9.30 - 11:30am



A bright vision for families.



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Hāpai Whanau
www.hapaiwhanau.nz