



*Love Parenting is a supportive and educational group especially for new mothers.*

*Held in a friendly, relaxed environment, it includes 10 group sessions and covers a wide range of topics relating to the most important and questioned parts of early motherhood.*

*The first 1000 days of your baby's life have an incredible and lasting impact on the rest of their life outcomes- 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 out there about early childhood. This programme shines a light on what young children really need, and how parents can offer this to them as the most important and influential figures in their lives*



More information:  
[office@goodneighbour.co.nz](mailto:office@goodneighbour.co.nz)

# PROGRAMME OUTLINE:

## **SESSION 1: The Wonders Of The Developing Brain**

*Focusing on why the first 1000 days are so important for brain development and how parents play a critical role in wiring up their babies brains.*



## **SESSION 2: The Dance of Infant Communication**

*Investigating how talking with infants from birth fundamentally shapes many aspects of their development, and why the 'serve and return' style of interaction is a great way to foster this.*

## **SESSION 3: What Makes Your Child Tick?**

*Learning about temperament, the different types of this present from birth, its role in your child's development and why we need to work with this and not against it as parents.*



## **SESSION 4: Growing Bonds With Baby**

*Understanding the importance of building secure (attachment) relationships in baby's first year for their long term outcomes - and what this looks like day-to-day.*

## **SESSION 5: The Power Of Being Attuned**

*Looking at what attunement is and how it helps build attachment security, as well as how 'rupture + repair' is an important part of all healthy relationships.*



## **SESSION 6: Baby On The Move**

*Appreciating how child development and achieving developmental milestones works and how we can best support our baby's exploration.*

## **SESSION 7: The Science Of Infant Sleep**

*Delving into why babies sleep the way they do, why we shouldn't rush to change this - and creating positive sleep associations to build good sleep habits for your baby.*



## **SESSION 8: Feeding With Love**

*Discovering the importance of the 'emotional environment' and how it impacts on our children, and looking at the ways we can intentionally foster food to always be a pleasure.*

## **SESSION 9: Being Sensible With Screens**

*Clarifying how early exposure to screens can have a negative effect on young children and how our own digital habits may cause 'Technoference'.*



## **SESSION 10: Taking Care Of You**

*Exploring the 'why' and the 'how' of parents 'filling their own cups' and thinking more deeply about the role of our inner critic.*