

Let us know what you are interested in:

One-to-one
home visiting

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Groups

☐

Babbling Babies

☐

Dolly Parton's
Imagination Library

☐

ADDITIONAL INFORMATION

PROFESSIONAL SUPPORTING THE REGISTRATION

N A M E

R O L E

P H O N E

If you are the referring professional, you are confirming that the named parent has signed this form, is happy to be contacted by Let's Grow Together, and has read and understood the terms and conditions.

EARLY RELATIONSHIPS MATTER...because they:



Terms & Conditions

Let's Grow Together collect and store personal data about you and your family. We collect this information from you during your work with us.

We may use anonymous information for monitoring and evaluation purposes. We will ensure that your data is collected, stored, processed, and retained in accordance with the General Data Protection Regulation (GDPR) and the Data Protection Act 2018.

The full GDPR privacy notice is available on our website www.letsgrowtogether.ie. If you have any questions about the privacy of your family's data, to update any details we already have, or to request that we stop contacting you, please contact: info@letsgrowtogether.ie or 021 601 0656.

Let's Grow Together is available for all children and their caregivers, families and community, to offer support and information at each stage of child development (pregnancy, infancy, early childhood, through to primary school age).

For registration queries or to find out more please contact:



Let's Grow Together Office

021 601 0656

Infant Mental Health & Wellbeing Coordinator
Trish Hurley 086 185 4977



**HSE Building, Harbourview Road,
Knocknaheeny, Cork, Ireland**



info@letsgrowtogether.ie



www.letsgrowtogether.ie



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Company No.: 658035 RCN: 20206296 CHY:22936



One-to-one and group activities



**Our communities are places
where children experience
happy, healthy, and thriving
childhoods that last a lifetime
and no child is left behind.**



One-to-one and group activities

We invite you – a parent, caregiver, or parent-to-be – to register for Let's Grow Together group and home-based programmes.

These programmes are available for children, pre-birth to three years, and their caregivers who live in the Cork city north-west area*.

The aim is to support the first relationship a baby has with its caregiver and the people who matter in their lives.

Let's Grow Together will work with you and your family on a one-to-one or group basis and will connect you with wider services in the community.



PEEP GETTING TO KNOW YOUR BABY (pre-birth)

A time for mams, dads, partners and all expectant parents to think about your baby and begin to build your relationship with your baby.

5 x 1.5hr sessions

HOME VISITING

(pre-birth -3 years)

In the pre-birth period, home visiting is available to support you on your journey to parenthood and to prepare you for your relationship with your baby.

Home visiting is also available for you and your baby/toddler to support the development of your relationship with each other within your family and the community.

PREGNANCY YOGA

(from 12 weeks of pregnancy)

Take time to breathe, move, and relax. Prepare physically and mentally for childbirth. Help build a strong relationship with your baby. Increase strength and flexibility. Improve your mood, sleep, and overall well-being.

Meet other mums and share experiences.

6 x 1 hr sessions

NEWBORN BEHAVIOURAL OBSERVATION (NBO)

(0-3months)

A chance to see how your baby is communicating with you through their wonderful behaviours. Together we can look at how your baby engages with faces, sounds and objects, and learn more about how they sleep, move and share their feelings.

1 x 40min session

PEEP LEARNING TOGETHER

(1-4 years)

You and your toddler can make friends, share ideas and have fun through singing, stories and activities.

8 x 1.5hr sessions

CIRCLE OF SECURITY PARENTING

(0-6 years)

Meet other parents and learn to support and understand your child's emotional world.

8-10 x 2hr sessions

BABBLING BABIES

(9-11 months)

Meet with a Speech & Language Therapist to talk about how your baby's relationship with you helps grow their communication.

ELKLAN LET'S TALK WITH YOUR BABY

(3-12 months)

You and your baby can make friends, share ideas, and have fun through singing, stories and activities.

8 x 1hr sessions

DOLLY PARTON'S IMAGINATION LIBRARY

(0-5 years)

Register your young child with this free book gifting programme to receive their very own developmentally appropriate book in their name in the post every month until their 5th birthday.

BABY MASSAGE

(0 – 6 months)

Learn new skills for massaging your baby. Special techniques for colic/gas. Meet with other carers and babies.

5 x 1hr sessions

Sign up

Parent/Caregiver Names

Address

Contact numbers

Email address

Expected Date of Birth of my baby

OR

Child's name

Child's date of birth

Signed

Date

By signing up, I am happy to be contacted by Let's Grow Together, I understand the referring professional may be contacted about my registration, and I have read and understood the terms and conditions on the back of this leaflet.

