

# LullaBaby®

First Steps in Learning  
Plymouth and Saltash

## STEP 1 ~ 0-5 MONTHS

Award-nominated 5 week Baby Development Course covering Baby Massage, Baby Yoga, Tummy Time Techniques, Paediatric First Aid and Sensory Play.

The focus of the course is to teach you skills which will promote bonding, attachment and your baby's development (and you get a bag of goodies too).

## STEP 2 ~ 2-13 MONTHS

Weekly themed sensory class, linked to the EYFS (the curriculum for birth to 5 year olds).

Carefully designed to stimulate, delight and promote your baby's development, classes include Sensory Play, Baby Yoga, Makaton Signing, Music & Rhymes, and Relaxation & Bonding time.

## STEP 3 ~ 13-24 MONTHS

Also called "Crawlers & Walkers", this is a weekly themed sensory class for older babies and toddlers who are ready to enjoy their new-found independence and explore!

This class allows more free play with age-related activities to boost their learning and development.

## Find out more:

Hi, I'm Sarah and I run LullaBaby Plymouth and Saltash! Please scan the QR code using your phone camera or visit the website below for more information and to book onto classes. I look forward to you coming along to support your child's development while making some fun memories and lovely new friends!



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