www.bebegrow.me.uk/health-visitor/cuffley/health-visitor-cuffley.html

## Tel: 07732 398 471

Click on the link above to visit Bebegrow Ltd Web page and read more information on services relating to Health Visitor in Cuffley

## **CUFFLEY HEALTH VISITOR**

I provide un-rushed, personal and professional care in the comfort of your own home. I can do antenatal health visits to help prepare you for your new parenting role by demonstrating a variety of techniques including how to bath your baby, feeding advice and sleeping positions. After your baby has arrived I can visit and work with you and your baby to establish feeding and other routines and answer all

So, if you feel that you would like that little bit of extra something... then contact me for bespoke health visiting to see how I can complement your parenting to meet your baby's needs. I provide telephone consultations or one-to-one

those new parent questions you may have.



Infant Feeding For mum. breastfeeding has been proven to reduce the risk of getting breast and ovarian cancer and it naturally uses up 500 calories a day so it is often easier to lose that pregnancy weight.



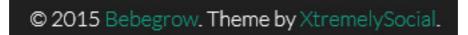




personalised home visits at days and times that are not just Monday-Friday 9-5pm.

I cover London and the Greater London area.

Bébégrow services are charged based on the service you require. A quote will be provided at your point of enquiry.



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