



*Birthing Rites Australia*

## MUMS, DADS & BUBS GROUP

Every 2<sup>nd</sup> Friday  
10.30am – 12.30pm

Come and have a great time sharing, caring, crying and laughing with other mums.

Yummy food and cups of tea provided.

**Cost: \$15**

<b>Dates</b>	<b>TOPIC</b>
<b>11 May</b>	Sex & Intimacy
<b>25 May</b>	Looking after our nutritional self – Peter from Suveran Café
<b>8 June</b>	Mothering In Our World Today: a village no longer raises our child, we are on our own!
<b>22 June</b>	Safe Sustainable Products for Bub – Teresa
<b>6 July</b>	Parenting Choices - How Do We Decide, The Pros and Cons. Topics include: Vaccinations, dummies, wrapping, co-sleeping, sleep training and more.
<b>20 July</b>	Bubs & Pets - Andrew from Randwick Vets
<b>3 August</b>	Introducing Solids - Leila Ford & Becky
<b>17 August</b>	Astrology and Numerology for Babies - Marie Burrows
<b>31 August</b>	Singing with our Babies - Tracy

Speakers or topics may change at late notice. When possible, we will inform you by email of any changes.

To be on our Mums, Dads & Bubs Group mailing list, please email [admin@birthingrites.com](mailto:admin@birthingrites.com) with your request to be added.