

MUMS & BUBS @ THE HEALTH HUB

Our **Mums and Bubs** Group is designed to **provide therapy based information, technique demonstration and hands on assistance** for mothers and carers of **babies 0-2**. In this group our **Paediatric Physiotherapist will discuss developmental stages and assist with common concerns.**

- Dislike of 'Tummy Time'
- Head turn preference
- Delayed sitting / rolling
- Feeding Issues
- Flat Head (*Plagiocephaly*)
- Tightness in the neck (*Torticollis*)
- Reluctance to stand on feet
- Excess sleeping concerns

***THE HEALTH HUB OFFERS INDIVIDUAL AND GROUP THERAPY OPTIONS**



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