



Free sessions in your local area February and March 2026

Five to Thrive – New Baby

4-week Course

(Each session will be 1.5 hours)

For families with babies aged 6 weeks
to 6 months old

**Tuesday 3rd March at 2pm at
Lymington Library**

Digital courses also available

Baby and Toddler Talk

1.5-hour session

For families with children aged 9 months and over

**Tuesday 10th February at 1.30pm at Ashley
Youth Hub**

**Thursday 12th February at 11am at Ringwood
Library**

**Wednesday 4th March at 10am at Fordingbridge
Library**

Two and Beyond

1.5-hour session

For families with children over 2 years old

**Thursday 12th February at 11am at
Ringwood Library**

**Tuesday 17th February at 1.30pm at
Ashely Youth Hub**

**Thursday 12th March at 11am at New
Milton Library**

**Friday 13th March at 11am at
Fordingbridge Library**

Online Videos

Watch in your own time on the Ready
Steady School page on Hampshire
Healthy Families website.

Family Food and Fun

1.5-hour session

For families with children aged 1 to 5 years

**Tuesday 3rd March at 10.30am at Ashley youth
Hub**



Your Local Walks

**Day: Wednesday at
10am**

**Meet at: Beachcomber
café, BH25 7DZ**

All courses and sessions are available free of charge and
can be booked through Eventbrite. More information about
each session and booking links can be found on Eventbrite.

