



Frequently Asked Questions

Little Werbs is an opportunity for parents of babies who aren't yet mobile to meet other new parents and receive support. Little Werbs has been specifically created to support those with young babies during this difficult time of isolation. Whilst these sessions are legally allowed to take place, there are a strict set of criteria we have to adhere to.

What will happen during the session?

First, you'll be welcomed in via the one-way system and invited to sign in for test and trace. You'll be able to grab a hot drink and biscuit and then settle yourself and your little one in one of 10 'zones' which will be your dedicated space during the session. In each zone there'll be a soft mat, some toys, and a few sensory items to make during the session and take home with you.

Over the course of the session there'll be opportunity to chat with other parents and play with your little one as well as a short, led meditation time with sensory lights and toys for baby, and a chill-out for you. There'll also be a chance to grab some rattles and instruments to play along with some nursery rhymes. During some sessions there'll be a specific opportunity to hear a bit more about topics such as weaning, post-natal exercise and mental health.

Is there somewhere to put my pram?

Yes. If you're bringing a pram, you'll be able to access the building via an accessible ramp to the side and leave your pram at the back of the hall before sitting down.

What can I bring?

Whilst we can provide hot drinks to you in takeaway cups, please feel free to bring a reusable mug if you'd prefer. Please also bring whatever your baby may need including food and drink. You may also wish to bring a blanket from home to lay over the foam mat for your baby to lie on.

Can I bring another adult?

We're afraid that due to COVID restrictions only one adult may attend with each baby.

What if I'm late?

No problem, the session is 1.5 hours long so feel free to arrive late or leave early – we know babies rarely keep to schedules!

Do I have to wear a mask?

Whilst you'll need to wear a mask when you arrive, leave and if you move around at all during the session (e.g. for the toilet or a drink), you won't need to wear a mask once you're sat down in your zone as you'll be more than 2 metres away from others.



Why are sessions booked individually?

Being parents ourselves, we remember well the pressure of being booked into a whole terms' worth of baby group sessions at once and not being sure if you can commit to them all. So, whilst we expect the group to largely be the same people from week to week, we wanted to give you the opportunity to not feel too restricted and, if you're not able to make a week, someone else to attend instead. At any time, the next 3 weeks are available to book on our website.

Can I breastfeed during the group?

Of course! This group is a safe space for new parents so feel free to change nappies (there's a baby change facility available if you'd prefer), deal with poo explosions, and feed your baby however you need to.