

Press Release**Date** 03 July 2015**Status** For immediate release**North Belfast Baby and Early Years Fair**

3rd July 2015

Parents/carers and their children in the North Belfast area were treated to a variety of activities including song and rhyme, baby massage and baby yoga demonstrations at a Baby & Early Years event held at NICVA in Duncairn Gardens recently.

The free event was organised by the North Belfast Locality Planning Group to highlight the importance of early years' development with a focus on baby brain development, infant mental health and early education.

Parents and carers at the event learnt about the importance of connecting with their babies and young children and how their brain develops. The parents/carers also had the opportunity to talk to a wide range of service providers from their local area.

Katrina Newell, Chair of the North Belfast LPG said, "It is a priority for us to ensure local parents and expectant parents feel supported from conception onwards and are aware of all the different agencies in this area with the right expertise to help and support their parenting needs and skills. Events such as this one help to address this priority."

A parent attending the event said, "I am so glad I came along today, I learned a lot of useful things that I can do at home with my baby."

Ends