



Toy library offers helping hand to new parents

Nappies, sleepless nights, feeds round the clock...it's hard becoming a parent for the first time, especially if you're new to it, or you don't have family and friends around to support you.

To help, the Bulwell Community Toy Library is offering new parents free advice at this year's Nottingham Baby Fayre on Sunday 26th June from 10am to 4pm at the Bulwell Academy on Squires Avenue in Bulwell.

Parents will also be able to find out more about the toy library's Family Link service, which offers parents free, one-to-one advice in their own homes, plus free baby play sessions so that parents can get out and about and meet other new mums and dads in the area.

The toy library has been supporting local families for over 30 years, so it's keen to pass on its knowledge and experience to new and prospective parents.

As well as running free play sessions for babies, the toy library provides free play sessions for children up to the age of 14, including indoor and outdoor play activities.

Plus of course, parents are welcome to borrow toys and games from the toy library for a very small charge. There are over 3,000 to choose from, including toys and games specifically designed for children with physical or learning disabilities.

Lorraine, who runs the toy library's Family Link project says:

"New parents are given a lot of advice about how to care for their baby's physical needs such as how to feed or change them, but not about their emotional or social needs.

It's also important for parents to enjoy spending time with their baby, talking, playing and interacting with him or her from the word go.

As well as helping parents to bond with their babies, play helps children to develop important skills, such as speech and language for instance. But if you're new to parenting, it can be hard to know how to play with your baby, or how to make time for it, in between all that feeding and nappy-changing!"

The toy library can help and I'm really looking forward to meeting new and prospective mums and dads on 26th June."



The Nottingham Baby Fayre is open to adults and children of all ages and will include free talks and demos, a bouncy castle, face-painting, baby soft-play area, gifts, taster activity sessions, a pamper area for tired parents complete with crèche and free support and advice from organisations including the toy library.

The event is also raising money for the Nottingham Neonatal Service.

To find out more about the fayre visit www.nottinghambabyfayre.co.uk

To find out more about the toy library including the Family Link project call Lorraine on 0115 975 3898, email lorraine@toy-library.co.uk or visit www.toy-library.co.uk

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