



Understanding your pregnancy – a FREE online guide

- Facts about labour & birth
- Build your confidence in becoming a parent
- Developed by midwives and child psychologists

There are also FREE online guides to 'Understanding Your Baby' & 'Understanding Your Child'. **Start learning today –**
warwickshire.gov.uk/parentguides

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Understanding your baby – a FREE online guide

- Develop your relationship with your new baby
- Feel more confident as a new parent
- Developed by health visitors and child psychologists

There are also FREE online guides to 'Understanding Your Pregnancy' and 'Understanding Your Child'. **Start learning today –**
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