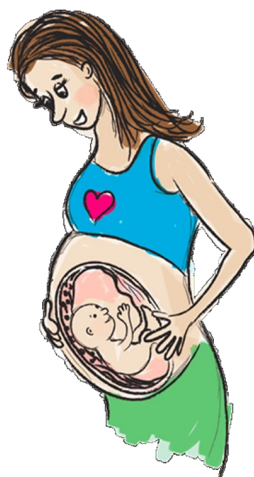




Supporting you through pregnancy, birth and beyond

Baby Steps helps mums-to-be and their partners prepare for being a parent. Most antenatal programmes tell you about the medical aspects of birth. **Baby Steps** goes much further and will help you get ready for your new life with your baby.

Welcoming your baby into the world can be very exciting, but it also has its challenges and can leave some people feeling worried. **Baby Steps** aims to help you cope with all the new experiences that will come your way.



What happens at Baby Steps?

You'll come along to **Baby Steps** with other parents-to-be. Together, we will talk about:

- our babies' development
- what could change for you and your partner
- giving birth and getting to know your baby
- caring for our babies and ourselves
- people who can offer you support



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When you join a group, you will all meet for two hours every week. Your group will be made up of other couples and single mums at a similar stage of pregnancy.

The group starts around the 28th week of your pregnancy. There are seven meetings before your baby is born and then three afterwards. When your baby is born, the people leading your group will come and see you at home to meet your baby and see how you are. The whole group is friendly, comfortable and designed to give you, your partner and your baby the support you need to begin your life together.



What happens now?

With your consent your Midwife has completed a form telling the **Baby Steps** team that you would like to join a group.

Within a few weeks you will receive a phone call or letter from the people running your group to book an appointment for a home visit.

During the home visit they will talk to you about the group in more detail and you will also be informed where the group will be and when it starts.

Baby Steps is just one of the ways we support families to give their children the best possible start in life. For more information contact:

Email: fpartnership@nhs.net

Wendy Allen— Baby Steps Co-ordinator

Tel: 07776 221898



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