

## What is the Preparing for Baby Course?

A free 3 week course, presented by Midwives, Family Support Staff and Health Visitors, covering everything you need to prepare for labour and parenthood. Places must be booked. 'How to Book' is on the back page.

## Why should I come to a Preparing for Baby Course?

- It's free and open to everyone in Hertfordshire.
- It's provided by qualified professionals with a lot of experience.
- It provides essential information, especially for first time parents.
- It's a chance to meet others at the same stage of pregnancy.
- It's in your area and friendly.
- You will learn about what to expect in the coming weeks and months from a professional reliable source.
- You will gather ideas about what to do once baby arrives.
- You can bring one person who will be supporting you with pregnancy and birth.
- You will meet members of the 3 teams that will be supporting you and your family, the Midwives, Family Support Staff and Health Visitors.



## Who will be delivering the Preparing for Baby Courses?

### Midwives

Midwives provide expert advice, care and support for women and their babies during pregnancy, normal birth and the early postnatal period. In their session they will cover; signs and stages of labour and birth, when to come to hospital, pain relief, delivery and early care after birth.

### Family Support Staff

Family Support staff specialise in early years and work with families and children from pregnancy to age 11. In their session they will be covering; infant feeding, what family centres provide, how to care for and support development and attachment of baby.

### Public Health Nurses (Health Visitors (HV):

Health Visitors are specialists in child/family health and child development from pregnancy to age 5. In their session they will be covering; attachment with baby, HV visits, mothers well-being, baby's developing brain, support after baby arrives, baby's safety and illnesses.

## Where will these Courses happen?

The Courses will be in convenient locations across Hertfordshire. Where possible, they will be held in a Family Centre, Health Centre or a place you're likely to visit with your baby. Full details of times and locations can be found on our online booking system (see 'How to book').



## When will these Courses happen?

We try to run these Courses at a time convenient for busy lives. When we can, this might be in an evening or in the daytime on Saturday. Dates and times will be confirmed on booking. Parents-to-be are eligible to time off work to attend this Course.

## How long will these Courses be?

There will be a session a week, over 3 weeks and at the same time each week. Each session will last 2 hours.

## How to Book?

Please use Eventbrite to book onto the Preparing for Baby Course. Eventbrite is an online booking platform which means you can select the dates and venue best for you. Please enter the address below into your internet search engine, or use the QR code, and follow the instructions

<https://www.eventbrite.co.uk/o/hct-20041788297>



Book yourself onto a course by week 25 of your pregnancy

Book a course date that will make sure you finish the 3 week course before your 35<sup>th</sup> week of pregnancy.

If your circumstances change after booking a course, please cancel the booking.

You will receive a text reminder to attend prior to your booked Course.

If you can't access any online booking system, please call contact details overleaf

## Privacy and Dignity

We care for families in an environment that promotes privacy and dignity. We will respect every individual's values, beliefs and personal relationships.

## Feedback

We'd like to know how helpful this course is and how we can improve. Booking onto a Preparing for Baby Course will allow us to send a link to everyone who comes, asking for your feedback.

## Information sharing

Booking onto a Preparing for Baby Course will mean you will receive information about registering with the Family Centre Service. This will allow information to be shared between the professional groups supporting you through pregnancy, birth and parenthood. These are: Hertfordshire Community NHS Trust, One YMCA, InspireAll, Barnardo's, West Hertfordshire Hospitals NHS Trust and East and North Hertfordshire NHS Trust.

**Many of your questions may be answered in Eventbrite but, if you need more information call 0300 123 7572**

- Select 1 if you live in the Welwyn, Hatfield, East Herts or Broxbourne area
- Select 2 if you live in North Herts or the Stevenage area
- Select 3 if you live in the Hertsmere, Watford or Three Rivers area
- Select 4 if you live in the St Albans or Dacorum area

And then select option 1



Hertfordshire  
Family Centre  
Service

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Family Support Staff and Health  
Visitors



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Service

*Support and advice in the early years*

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