



What is Baby Steps?

- A course to help those who will benefit most to prepare for parenthood
- Run by a Health Professional and Family Support Worker
- 6 sessions before baby + 3 sessions with baby
- Online weekly sessions for small groups

? What is the course about?

- Helping to prepare you for your baby
- Thinking about practical and emotional changes
- Communicating with and responding to your baby
- Preparing for how relationships might be affected

? What to do if you're interested

- Ask your midwife to pass your details on to the Baby Steps team

? What will happen next?

- The Baby Steps team will contact you to tell you more and offer you a place if there is one available
- Places are given based on availability and individual circumstance

“ The course helped me feel a lot more confident about myself and my ability to be a mum ”

