

Baby Steps will help you prepare for becoming a parent

- A weekly moment with others to think about your baby and the changes that will happen when they are born
- Run by a Health Professional and Children's Centre Worker
- 6 sessions before baby + 3 sessions with baby
- Groups are friendly and relaxed, for families living in Wiltshire only

What is the course about?

- What to expect at the birth and how to prepare
- Practical tips for looking after yourself and your baby
- Understanding what your baby will need and what to do
- Preparing for how different relationships might be affected
- How it might feel to be a new parent and what the birth partner role involves

How do I find out more?

- Go to >
- Speak to your midwife who will pass your details on to the Baby Steps team
- Places are limited and given based on availability and individual circumstance



**Baby
steps**

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