

UNDERSTANDING YOUR CHILD



S O L I H U L L A P P R O A C H

ANTENATAL COURSE – FOR EXPECTING PARENTS

Forest Children's & Family Centre

Tuesday 18th October - 29th November 1.30pm – 2.30pm

The Solihull Approach antenatal course gives parents practical information about pregnancy and birth whilst at the same time introducing them to their baby. It explains how and why those around this baby are so important and integrates the traditional information given on an antenatal course with a new approach to starting their relationship with this baby before they even make an appearance.

We will explore topics which include:

- Practical information and advice when having a new baby
- Building relationships and exploring issues about parenthood
- The birth experience – run by Midwife
- The social baby – how to communicate and play with my Baby
- How am I feeling?
- Partners and extended family

The group is completely **free of charge** for any parent who is expecting a child and their supporting partner. Places will be filled on a first come first served basis and will run on a Tuesday afternoon at a **Forest Children's & Family Centre for 6 weeks** (excluding October half term).

Please note: There is no childcare provision for this course.

For further details call

Hayley Badman at River Children & Family Centre on 01594 842589

or

Lisa Mudway at Hilltop Children & Family Centre on 01594 827595

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