



Preparation for Parenthood

Support during pregnancy and for life with your new baby

Preparation for Parenthood is a FREE 6-session programme during pregnancy to help you prepare for your baby's arrival. Partners or family are encouraged to attend alongside expectant mothers.



www.henry.org.uk

About the programme

Preparation for Parenthood offers practical and evidence-based information to support your pregnancy and help you give your new baby a great start in life. It's also a great opportunity to meet other expectant parents and build friendships within your community.

Join the thousands of families across the country who have benefitted from a HENRY programme.



The programme explores the following topics over 6 sessions and provides everything you need to get your journey as a parent off to the best start.

- Looking after yourself during pregnancy
- Giving your baby a great start in life - before birth and afterwards
- What to expect with a newborn
- Meeting your baby's needs
- Life as a new or growing family

Weekly sessions

Each week helps you prepare for your baby's arrival and for your life as a parent.

Week 1 - Becoming a parent and a healthy start

Week 2 - A healthy pregnancy

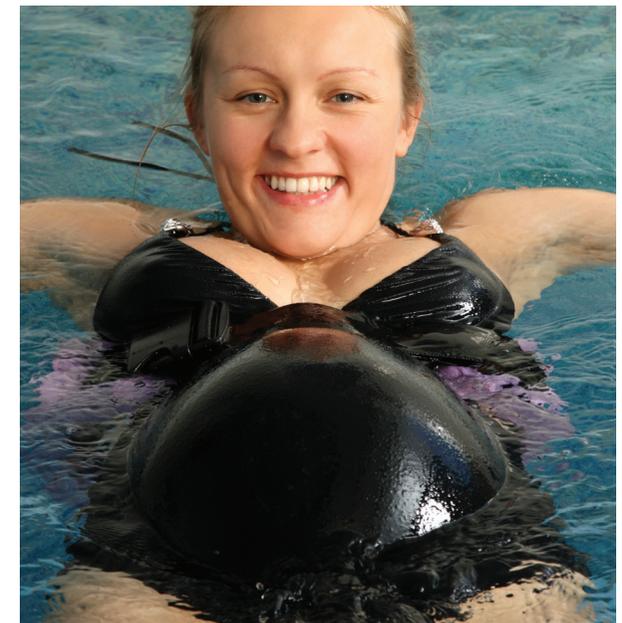
Week 3 - Bonding with your baby

Week 4 - Caring for your new baby

Week 5 - Giving birth

Week 6 - Life after birth

"I loved having the chance to talk to knowledgeable, friendly professionals every week as it meant I had support that was tailored to my pregnancy."



Is the Preparation for Parenthood programme for me?

Whether it's your first pregnancy or you've done it before, every expectant parent learns something new and useful.

If you are pregnant and answer "yes" to any of these questions then the programme is for you:

- Would you like to better understand the development of your baby's body and brain in the womb?
- Would you like to be healthier during your pregnancy?
- Would you like to understand the truth behind common pregnancy myths?
- Do you want to learn more about birth and how to feed your baby?
- Do you want to understand more about how to meet your baby's needs?
- Would you like to know more about how to keep your baby safe and soothe them when they cry?



What is HENRY?

HENRY is a UK charity working to give babies and young children a healthy start in life.

What do other parents say about HENRY programmes?

- 97% of parents would recommend it
- 89% feel more confident as a parent

"I could discuss whatever my concerns were in a safe and supportive environment"

"I would absolutely recommend the Preparation for Parenthood programme to any expectant families"

What do I get on the Preparation for Parenthood programme?

Everyone joining the *Preparation for Parenthood* programme receives a set of family resources which includes everything you'll need during the programme and helpful material to use during your pregnancy and beyond.



The *Preparation for Parenthood* family resource set – free to everyone joining the programme

How can I join a programme?

The *Preparation for Parenthood* programme is running locally. Talk to your local Maternity Service or Family Support Service to find out more, and help you decide if you would enjoy it or to join a programme.

For more information about HENRY, go to:



www.henry.org.uk



HENRYHealthy



HENRY.HealthyFamilies



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