

Joining a Preparation for Birth and Beyond course

Your midwife will discuss the course with you during your 16 week midwifery appointment. If you would like to know more, information and dates can be found on our website at:

<https://www.leedscommunityhealthcare.nhs.uk/our-services-a-z/0-19-health-and-wellbeing/group-support/>

You can also book onto the course by emailing:

lch.pbbbooking@nhs.net or by calling the 0-19 SPA on **0113 843 5683**

For more information about the 0-19 Public Health Integrated Nursing Service please visit:

www.leedscommunityhealthcare.nhs.uk



You can also find us on Facebook:

0-19 Public Health Integrated Nursing Service

I'm more
confident than I was
before - I've got more
knowledge - I'm
more relaxed

Help us get it right

If you have a complaint, concern, comment or compliment please let us know by speaking to a member of our staff. We learn from your feedback and use the information to improve and develop our services.

If you would like to talk to someone outside the service contact the **Patient Experience Team** on **0113 220 8585**, Monday to Friday 9.30am to 4.30pm or email lch.pet@nhs.net

We can make this information available in Braille, large print, audio or other languages on request.

Preparation for Birth and Beyond



**Public Health Integrated
Nursing Service**



Preparation for Birth and Beyond course

As a first time parent you are entitled to access the Preparation for Birth and Beyond antenatal course. The course is delivered in a group setting at your local Children's Centre and it is a seven week course. It consists of six antenatal sessions and one post-natal session and will prepare you for the many changes that having a baby may bring. The course is unique in that it focuses on the experience of the baby and supports parents to get to know their baby's cues and how parents can provide a calm and nurturing environment.

On the course you will learn about:

- Babies brains and bonding
- How to manage changes in relationships
- Labour, birth and the benefits of skin-to-skin
- Responsive feeding and practical care of your baby
- How to make healthy changes
- How to keep your baby safe
- Support available in your area

The course sessions are delivered by members of the Early Start team, which includes a 0-19 Specialist Public Health Nurse (Health Visitor), Family Outreach Worker and Community Midwife.



I've never been made to feel important before. I feel like I have got a part to play. All the other appointments we've been to I've just felt excluded.



There's all the information on the internet, but its the fact that you get to ask questions - get our specific concerns out there and get answers to them.

Course outline

Session

- 1 Our developing baby
- 2 Changes for me and us
- 3 Giving birth and meeting our baby
- 4 Caring for our baby
- 5 Our health and wellbeing
- 6 People who are there for us
- 7 Meet the babies

At the end of the course you may wish to keep in contact with new friends you have met on this course or meet other parents in your area.

The Early Start team will be able to give you information on how to access groups and support across Leeds.