

What We Will Learn

Antenatal Care (before your baby is born)

**Home Visit**

This is a chance for us to meet and talk about Baby Steps. You can ask any questions you like.

**Session 1: How Our Babies Develop**

We will introduce the programme, and start thinking about our babies, and what they might be like.

**Session 2: Our Health and Wellbeing**

This session is about our health and how good we feel, and how this affects our babies.

**Session 3: Becoming a Parent**

Session 3 is about the stresses and strains that new parents might experience and how to deal with these.

**Session 4: Giving Birth**

The 4th session is about labour and birth.

**Session 5: Caring For Our Babies**

This session is about how to care for a baby, such as bathing and changing a nappy.

**Session 6: Meeting Our Babies**

Session 6 is about getting to know our babies, and their early relationships.

Your Baby is Born

Postnatal (after your baby is born)

**Home Visit**

The 2nd home visit is when we meet you and your baby after the birth and hear how it is all going.

**Session 7: Welcoming Our Babies**

At session 7 we bring our babies in to meet the group and we hear more about what they are like.

**Session 8: Bonding With Our Babies**

Session 8 is about the bonds between you and your babies, and the things we can do in the local area.

**Session 9: Our Families' Futures**

This is the end of the programme. We will think together about our hopes and wishes for the future.