



The Baby Steps Programme



Information for parents



What is the Baby Steps programme?



Baby Steps is a parenting programme that gives you extra support when expecting a baby. It is for both first time parents and those who already have children. The programme helps you to prepare for your new baby, encouraging you to connect and bond with your unborn baby and helping you strengthen relationships and make new friendships.



“Brilliant group even if you’re a 2nd time Mum!”

“I think that Baby Steps is a wonderful idea and a great help to new parents such as myself. Nobody ever tells you exactly how to be a parent and it can be a very scary time. Baby Steps has helped me to build the confidence I require and has helped me to focus on the excitement as opposed to the fear.”



What happens?



The programme starts when you are around 24-30 weeks pregnant. The facilitators will contact you to arrange a home visit to tell you more about the course and for you to meet them. Parents like getting to know the facilitators before the group sessions and it helps them give you the right support.

There are 6 antenatal sessions which are interactive and fun, run by an experienced midwife/health visitor and family support worker. They take place at children's centres where you can access other groups and support after your baby is born.



“The facilitators were approachable making it easy to learn and make friends in the group. The sessions were informative and practical, easy to understand and realistic.”

“I wish everyone had this opportunity while pregnant/expecting. It has really helped with my anxiety and made me feel more prepared for the baby arriving.”

“Surprised how much I enjoyed the sessions and group discussions. It’s been a great help! Also been great meeting other people in the same situation.”

After you have had your baby



After your baby is born the facilitators will visit you at home, then there will be three postnatal sessions



when everyone in the group has had their baby. Often mums are invited to attend other groups such as baby massage at the children’s centre when the Baby Steps group has finished.

“I found the post-natal sessions very helpful, especially the social support.”



“The post-natal sessions were even more helpful. Hearing the experiences of the other parents and the open discussions that followed really eased my anxieties and made me realise that what our baby does is perfectly normal.”

The Benefits of the Baby Steps programme

Baby Steps groups are a good way to meet other parents who are in the same situation. To realise that you are not on your own and that other people are in the same position and having similar anxieties and emotions. Parents appreciate the nurturing and continuity the facilitators provide. Friendships are often made and parents feel more prepared for the changes a new baby will make.

“Completing the course gave me the confidence and belief in myself to become a mother.”

“The whole course has been fantastic. Very informative and great for calming our nerves about what is 'normal' and to be expected. Definitely made us both feel more confident about being a new parents.”

If you would like to know more talk to your midwife or contact Alison Sturdy, Baby Steps Lead for Wiltshire sft.babystepslead@nhs.net