



Better Start
BRADFORD



Your **free** antenatal course



Are you between 20-30 weeks pregnant?

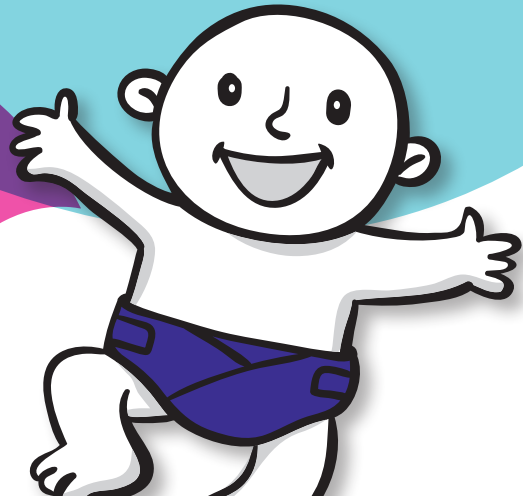


Would you like to learn more about life with a new baby?



Do you live in Bowling and Barkerend, Bradford Moor or Little Horton?

Why not join our **free, friendly group** for expectant parents!



Our Welcome to the World groups give mums and dads-to-be helpful and practical information about becoming a parent, looking after a baby and yourselves. It's also a great opportunity to meet and chat with other expectant parents.

You can attend if you are 20-30 weeks pregnant and you can bring your partner, friend or relative with you.



Led by trained group leaders, you will explore:

-  Looking after your baby while they are in the womb
-  Practical tasks of caring for your new baby
-  Communicating and bonding with your baby
-  Understanding your baby's brain development
-  Exploring your future and the move into parenthood
-  Exploring your roots, traditions, hopes and concerns
-  Considering how you look after yourself

Groups meet once a week over eight weeks and it's completely free to attend. Each session lasts for two hours, with a tea and coffee break.

"I didn't realise I needed to start talking to my baby while they were in the womb."

For an informal chat or for further information please call the Bradford East Family Hub on 01274 437523.

 [BradfordEastFamilyHub](#)

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bsb@bradfordtrident.co.uk

www.betterstartbradford.org.uk