



Bump to baby programme

This 3 week programme invites parents to be to explore their emotional and learning needs for the transition to parenthood.

The programme aims to build the relationship between parent/carer and their unborn baby. It focuses on:

- Supporting close and loving relationship with baby
- The importance of communication between the parents/carers and with their baby, inside and outside the womb.
- Understanding baby's needs physically and emotionally, the importance of empathy
- The importance of responsive feeding
- Practical skills needed to meet their baby's needs e.g. dressing, nappy changing, feeding, bathing and safe holding of baby.
- Developing awareness of infant crying and coping strategies

Week 1 - Bonding with baby

Early days with baby, exploring the physical and emotional feelings after a baby:

- Skin to Skin, baby led feeding, feeding cues
- Emotional bond with parent/carer and baby, learning to read babies minds
- Babies brain development
- Preparing other family members for baby

Week 2 - The home environment

What changes are needed at home:

- New priorities
- Safer sleep arrangements
- Safety issues at home
- Equipment (car seat, feeding, prams, Moses basket /cot, toys/ book start, bath, clothes, nappies)
- Benefit and financial information

Week 3 - Practical week

- Breastfeeding positioning and attachment
- Hand expression
- How to sterilise
- How to make a feed

Dressing

- Changing a nappy
- Dressing baby; warm days or cold days
- Bathing and safe holding of baby
- Looking at what the children centre offer once your baby is born

The emphasis is on supportive non-judgemental discussion of the key factors that contribute to the child and adult's health and wellbeing.

This course is delivered across all our children's centres, please contact your local centre to book onto the course.