

How welcome to the world has helped other parents

“If understanding and knowledge is
power then this course definitely
empowers parents to get it right
from the very beginning”

“I find it friendly and fascinating
from a man’s point of view”

“I didn’t realise I needed to start
talking to my baby while
he was in the womb”

“I’ve been interacting with my baby
since birth through facial expressions
and looks which, until I attended
the group, I would have thought
a newborn too young for”



check out:
centreforemotionalhealth.org.uk

Welcome to the world Parent Group for expectant parents

where:

Home-Start Wrexham
65 Regent Street, Wrexham,
LL111PF

when:

contact details:

Contact Stacey on 01978 366660 or
07503993885

Email homestartwrexham@gmail.com



centreforemotionalhealth.org.uk



HOME OF FAMILY LINKS

Welcome to the world Parent Group

Information for Parents



Welcome to the world

Topics covered in the group

week 1

Aims of the Antenatal Nurturing Programme
Empathy for the Baby
Nurturing My Baby's Development & Growing Brain

week 2

Changes in Me and You
Family Values and Family Rules
Personal Power
Healthy Eating Choices

week 3

Feelings... and What We Do With Them
Handling Stress
Caring for Your Baby at Night
Nurturing Ourselves

week 4

Self Esteem
The Power of Praise
Helping My Baby Calm Him/Herself
Empathy for Adults

week 5

The Midwife - Labour Day
Breastfeeding My Baby

The five sessions are a relaxed way for parents to think about the transition to parenthood and discuss issues that can be a challenge for every new mother and father.

Over the five weeks you'll meet with other parents and trained group leaders to talk about important questions such as

"How is my baby developing?"

"How should I feed my baby?"

"What will I do when my baby cries?"

"Is help available?"



key topics



Understanding your baby-
a baby's brain development



Your future as parents
and as a family



Your roots, traditions,
hopes and fears for the future



Breastfeeding and the practical
tasks of caring for a new baby



The need to nurture ourselves



Practical information

Parents attend the group from approx. 28 weeks of pregnancy

Partners are welcome to come to the sessions too and it's also fine to come on your own or with another relative or friend

There are five sessions with a tea and coffee break

8-10 parents are invited and there are two of our trained group leaders

You need to come to all five sessions

Some groups provide a creche; check with group leaders beforehand

