

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



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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

