



'Hello Baby' Antenatal Course

We are excited to offer expectant parents the opportunity to come along to a new antenatal course. The course runs over 4 weeks and will support you to:

- Prepare for the birth experience and the early days after having your baby
- Get to know your baby and how to give them the care and comfort they need
- Understand more about feeding your baby and the support available
- Meet other new parents in your local area
- Explore where you can get support for your family's wellbeing, relationships, and fun

activities to support your baby's development

The course is jointly run by midwives, health visitors, children's centre staff and the Bristol infant feeding team in a variety of locations around Bristol that suit you.



FOR FURTHER INFORMATION AND BOOKING visit

www.bristol.gov.uk/hellobaby and
<https://bristolfamilyhubs.eventbrite.com>
or scan the QR code.

For any queries, contact sirona.bristolantenatalcourseadministrator@nhs.net