

Welcome to the world

Topics covered in the group

week 0 Introducing the Family Links Welcome to the World antenatal parent group

week 1 Aims of the Antenatal Nurturing Programme
Touching and Talking to my Baby in the Womb

week 2 Loving Attentiveness: Bonding, Attachment and Brain Development
Nurturing my Baby's Development & Growing Brain

week 3 Empathy and the Four Constructs
A Celebration of Birth
Changes in Me and You

week 4 Personal Power, Self-esteem and Healthy Eating Choices

week 5 Boundaries, Beliefs and Values
Babies need Security, Consistency and Boundaries
Helping my Baby Calm Him/Herself

week 6 Feelings and How We Communicate
Feelings... and What We Do With Them
Communication between Adults and Adults & Babies

week 7 Family Life with a New Baby
Empathy for Adults

week 8 The Midwife-Labour Day
Breastfeeding my Baby





The eight 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 eight 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. 22 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 eight sessions with a tea and coffee break

8-10 parents are invited and there are two Family Links trained group leaders

you need to come for all eight sessions as they fit together like a puzzle

Some groups provide a creche; check with group leaders beforehand



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 familylinks.org.uk

Welcome to the World the Parent Group for expectant parents

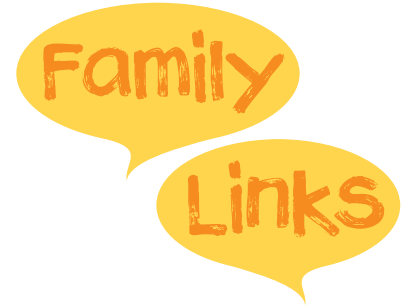
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Welcome to the World Parent Group

Information
for parents

