

A Special Invitation ...

Having a baby is an exciting time, full of new experiences & challenges.

Your local Children's Centre would like to invite you to attend

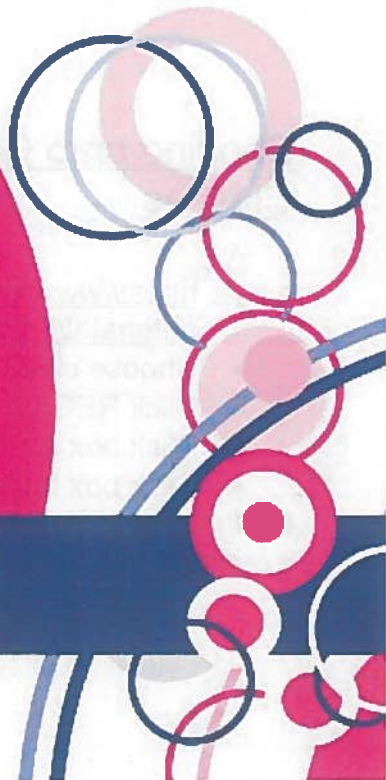
**GREAT EXPECTATIONS
4 WEEK
COURSE**

And it's **FREE!**

See over for details



Antenatal Programme

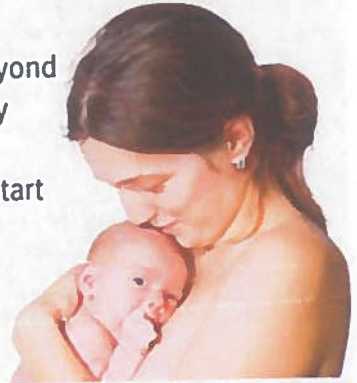


This **Fantastic Free Course**

at your local Children's Centre provides parents-to-be with all the information and skills they need to feel confident about making the right choices for their new baby. Delivered by a range of health and parenting experts, the topics include

- Having a healthy baby
- Preparation for parenthood, birth and beyond
- Communicating with your bump and baby
- Changes in relationships
- Getting your baby off to the best possible start
- How babies grow and develop

There will also be plenty of opportunities to ask questions and reduce any anxieties about becoming a parent.



Booking onto Great Expectations Antenatal Classes

- <https://www.eventbrite.co.uk/d/uk/great-expectations-antenatal/?mode=search>
- Choose children centre of your choice.
- Click REGISTER
- Click box for 1 ticket for expectant mother
- Click box for 1 ticket for supporter of expectant mother

Go to CHECKOUT to complete personal information for expectant mother and her supporter