

This course is available to families living in Peterborough
If you are outside the area, please contact your midwife or refer to your Local Offer for support.

Book from 20 weeks gestation

To book a space please

Access the booking portal below

[https://bookwhen.com/
barnardospeterboroughparenting](https://bookwhen.com/barnardospeterboroughparenting)

Should you wish to discuss the programme or have any questions, please email us and a member of our team will return your contact.....

peterboroughadminteam@barnardos.org.uk

View courses and book a place



Scan me!



ANTENATAL PATHWAY TO Parenting

Pathway to parenting is a face to face interactive programme aiming to help you prepare for birth and parenthood.



Scan me!



Changing childhoods.
Changing lives.

Pathway to Parenting (P2P) is a programme of 3 x 2 hour sessions to help you in your preparation for birth and the early weeks with your baby



Developed in line with health led guidance, it is facilitated by Barnardo's, Family Hubs, NCT and Midwifery

Child & Family Centre staff aim to provide you with information and practical skills in a fun, informative and interactive way

These classes are free for you and your partner



Course Information

Week 1:

Developing baby

- ◆ How babies grow and develop and how to support and encourage this
- ◆ What's nice to buy versus what's essential
- ◆ Safer Sleep



Week 2:

Our Journey



- ◆ Responsive feeding
- ◆ Further support for Infant Feeding
- ◆ Understanding your baby's nappy
- ◆ Introduction to the Healthy Child Programme (HCP)
- ◆ Well-being
- ◆ Crying
- ◆ Changes for me/us



Week 3:

Giving birth and meeting our baby

- ◆ Labour and birth
- ◆ Pain relief
- ◆ What to expect in the early days
- ◆ Further support available including community resources and support available, including what the Child & Family Centre and community services can offer

