

Scan or [Click here](#) for
the website to contact
us and book a place



Scan for our [Best Start in Life](#)
page, where you will find lots of
information on our courses, useful
links and further support.

Welcome to the World



FREE Antenatal Parenting Course



A relaxed and
supportive course for
expectant parents
Connect with others,
gain confidence, and
prepare for the
transition into
parenthood.

West & Central Locality

Newport Family Hub
Furlongs, Newport,
PO30 2AX
01983 529 208

South Wight Locality

Sandown Family Hub
The Fairway, Sandown
PO36 9EQ
01983 408718

North East Wight Locality

Ryde Family Hub
George Street, Ryde,
PO33 2JF
01983 617 617

Email us: iowfamilycentres@barnardos.org.uk

Website: www.isleofwightfamilycentres.org.uk

Website



Facebook



Instagram



Welcome to the world is a supportive and informative **course** for expectant parents, covering both antenatal and postnatal topics. Parents attend the group from **approximately 24 weeks of pregnancy**.

We focus on the first 1001 days, which are widely recognised as the most critical days of your baby's development. We will explore practical ways to care for your baby and strategies to support their early growth and well-being, helping you feel more ready for the journey ahead.

We cover a range of important topics including:

- infant brain development
- promoting self-esteem and confidence
- building healthy relationships
- effective communication
- bonding and attachment.

Includes a dedicated session with a midwife to explore labour and birth!



What will the group be like?

It can be really daunting going to a group for the first time. The groups are informal and relaxed and led by two trained and experienced Family Centre Workers. You will not have to perform in front of other parents and will be encouraged to participate only at a level that feels comfortable to you.

Will it be like going back to school?

NO! Sessions are interactive and you will learn as much from each other as from the facilitators. Research shows that parents who come together to do parenting groups get more out of the groups than if they had gone over the same material in their own homes. Knowing you are not alone in the challenges you are facing can be life changing.

What does the programme cover?

The programme is delivered over 7 weekly sessions during term time. You will gain most from the programme if you can commit to attend all sessions.

Week 1: 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

Outcomes For Parents & Children

- Improving attunement and bonding
- Improving parental wellbeing
- Improving knowledge and skills in practical care of babies
- Parents reflect on their own values and their hopes and fears for the future and begin to understand the needs and intentions of their baby

