

If you would like to know more about any of our courses you can contact your Family Centre by phone, email or by visiting our website.



Website



Facebook



Instagram



How to get in touch and find out more:

Email us: iowfamilycentres@barnardos.org.uk

Website: www.isleofwightfamilycentres.org.uk



<https://families.barnardos.org.uk/>

West & Central Wight Locality Hub

East Newport Family Centre Pan Community Hub, Furlongs, Newport, IOW
PO30 2AX
Tel: 01983 529208

North East Locality Hub

Ryde Family Centre
George Street, Ryde IOW,
PO33 2JF
Tel: 01983 617617

South Wight Locality Hub

Sandown Family Centre
The Fairway, Sandown
PO36 9EQ
Tel: 01983 408718

THE CENTRE FOR
**EMOTIONAL
HEALTH**

HOME OF FAMILY LINKS

Welcome to the World



A FREE 8-week programme for parents expecting a baby.

Barnardo's Registered Charity Nos. 216250 and SC037605
24423shc23



The **Welcome to the World** programme is an **8-week face-to-face group** for parents expecting a baby. Parents attend the group from **approximately 24 weeks of pregnancy**.

Topics include:

- empathy and loving attentiveness
- infant brain development
- healthy eating choices
- breast-feeding
- infant care
- managing stress and difficult feelings
- promoting self-esteem and confidence
- the couple relationship.



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 specially 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 **8 weekly sessions** during **term time**. You will gain most from the programme if you can commit to attend all sessions.

The programme focuses on the following areas:

- Giving an opportunity to expectant parents to explore their roots, traditions, hopes and fears for the future
- Developing strong communication between parents by sharing experiences and ideas
- Increasing parent's reflective functioning and understanding of their baby: how he/she develops before and after birth, their physical and emotional needs, the importance of attunement, attachment and empathy
- Increasing parents' understanding of their own emotional health and the need to nurture themselves to provide the best opportunities for the baby to grow and flourish
- Enabling parents to think about their future as parents, a couple, a family
- Increasing parents' understanding of the benefits of breastfeeding and the practical tasks of caring for a new baby

Outcomes For Parents & Children

- Improving attunement and bonding
- Improving parental wellbeing
- Improving knowledge and skills in breastfeeding and 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