

peep
Antenatal
Programme

BEST
START
IN LIFE

Family
Hubs
Leicestershire

Leicestershire
County Council

ONLINE ANTENATAL CLASSES

▶▶▶ DELIVERED BY 0-5 SPECIALIST WORKERS!



Everyone Welcome!

Email us to get your link!

EMAIL YOUR NAME AND CONTACT DETAILS TO:

bsil@leics.gov.uk

FREE ONLINE CLASSES

Are you pregnant?

Do you live in Leicestershire?

If so, join us for a free, online, 5-week course where you'll;

- Meet other expectant parents
- Get to know and understand your growing baby
- Consider how life will change
- Find out how to strengthen your bond with your baby
- Understand early brain development & how to support it
- Find out about local support & much more!

We'll also -

Help you think about what to take to hospital

Look at the different stages of labour

Help you understand safer sleep guidelines & car seat safety

Talk about feeding options