

Bump, baby and you



Wigan Council

FREE Antenatal course on pregnancy, birth and parenting. Sessions are interactive, friendly and relaxed. You are very welcome to attend the sessions alone or bring your birthing partner, friend or relative along with you.

There are 4 separate sessions listed below, each session is no more than 90 minutes.

TUESDAY

Ince: Ince Family Centre, Charles St, Ince-in-Makerfield, Wigan WN2 2AL

WEDNESDAY

Wigan Central: The Meadows, 110 Ridyard Street, WIGAN, WN5 9RQ

THURSDAY

West Leigh: Westleigh Children's Centre, Westleigh Lane, Leigh, WN7 5NJ

Online sessions: scheduled to start early 2024

All sessions are 6-7:30pm



Antenatal Wellness

- Myth busting – the facts
- Exercise during pregnancy
- What influences our decisions & support medicines
- Feeding choices
- Bonding & attachment
- Vitamins & healthy start vouchers

Infant Feeding

- Feeding choices
- Skin to skin
- Responsive feeding and positions
- Safe sleep & night-time tips
- Storage of milk

Labour & Birth

- Signs and stages of labour
- Birthing plans
- Visiting hospital / home birth
- Signs your baby is unwell

Bringing Baby Home

- Mental health and wellbeing
- Baby brain development & play
- Keeping your baby safe
- Services for you & your baby

TO BOOK:
<https://bit.ly/3H9G9Kg>
or speak to your midwife,
Health visitor or family
centre

