**Skills practice topics – *Preparation for Parenthood***

Access to slide templates for online delivery:

<https://www.henry.org.uk/pfpprogrammeinfo/facilitatorsonline>

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| **Session 1 – Becoming a new family**  From start of section, including whole group activity  Chart 4: Strengths and resources  **Session 1 – Our amazing bodies and babies**  From start of section, including whole group activity  *How big am I and what can I do?* resource  **Session 2 – Creating a healthy womb environment**  From start of section, including whole group activity  Chart 1: Creating a healthy womb environment  *Your guide to a healthy diet and staying active*  *in pregnancy* (Tommy’s resource)  **Session 3 – What a baby can and can’t do**  From start of section, including whole group activity and start of feedback and discussion  Chart 2: What a baby can/can’t do  Unicef Baby Friendly video:  *The Importance of Relationship Building*  <https://youtu.be/UmvY7t6RRUo> | **Session 3 – Building the bond**  From start of section (go far as you can in the time available)  Chart 4: Building the bond  **Session 4 – Safety**  From start of section (go far as you can in the time available)  Chart 2: Typical hazards  **Session 5 – The power of hormones**  From start of section, including whole group activity  Chart 2: The power of hormones    **Session 6 – Types of support**  From start of section, including whole group activity and start of feedback & discussion  Chart 2: Types of support |