**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 activityChart 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 |