

# Skills practice topics – *Preparation for Parenthood*

## **Session 1**

### **Becoming a new family**

*From start of section, including half group activity and start of feedback and discussion*

### **Boosting our batteries**

*From start of section, including pairs activity and start of whole group activity*

### **Our amazing bodies and babies**

*From start of section*

## **Session 2**

### **Creating a healthy womb environment**

*From start of section, including whole group activity*

### **A healthy balance**

*From start of section, including half group activity and start of whole group activity*

## **Session 3**

### **What a baby can and can't do**

*From start of section, including whole group activity and start of feedback and discussion*

### **What do babies need?**

*From start of section*

## **Session 3**

### **Building the bond**

*From start of section*

## **Session 4**

### **Safety**

*From start of section*

### **Sleep**

*From start of section*

## **Session 5**

### **The power of hormones**

*From start of section, including whole group and pairs activity*

### **Supporting the birth journey**

*From start of section, including half group activity*

## **Session 6**

### **Early feeding**

*From start of whole group activity*

### **Types of support**

*From start of section, including whole group activity and start of feedback and discussion*