

# Preparation for Parenthood



## Are you pregnant?

A **FREE** 6-session programme helping you prepare for the arrival of your baby. Partners, friends or family are encouraged to attend alongside expectant mothers.

- Practical, evidence-based information to support you as you prepare to become a parent
- A great opportunity to meet other expectant parents and build friendships within your community
- Join the thousands of families across the country who have benefitted from a HENRY programme

### Session 1

Becoming a parent

### Session 2

A healthy pregnancy

### Session 3

Bonding

### Session 4

Caring

### Session 5

Giving birth

### Session 6

Life after birth

*“Exceeded my expectations!”*

Expectant parent

How can I join a programme?



[www.henry.org.uk](http://www.henry.org.uk)



@HENRYHealthy



HENRY.HealthyFamilies