

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



@HENRYHealthy



HENRY.HealthyFamilies