

## Who is eligible for the HENRY programme?

Programmes are free to join, for parents and carers living within the A Better Start areas of Southend.

Visit [www.abetterstartsouthend.co.uk/locations](http://www.abetterstartsouthend.co.uk/locations) to check if you live within the A Better Start Southend areas.

## How can I join the programme?

Programmes run frequently in many different venues.

Contact us for more information on 07593 441024

Or book online through our digital hub [www.henry.org.uk/pfp](http://www.henry.org.uk/pfp)



# Preparation for Parenthood

**HENRY** is a national children's charity that helps families give a healthy start in life to babies and young children.

We are commissioned by A Better Start Southend to offer the Preparation for Parenthood programme to every person expecting a baby, living in the Better Start areas of Southend.

A Better Start Southend is a ten-year test and learn programme, aiming to make Southend the best place to raise a child and be a parent. For more information about A Better Start Southend, visit

[www.abetterstartsouthend.co.uk](http://www.abetterstartsouthend.co.uk)

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Facebook.com/HENRYsouthend

[www.HENRY.org.uk/pfp](http://www.HENRY.org.uk/pfp)

HENRY: Charity number 1132581 Company number: 6952404



The Preparation for Parenthood programme is a free 6-week antenatal programme helping you prepare for the arrival of your baby. Partners, friends or family are encouraged to attend alongside expectant mothers. The programme begins with two sessions (2 hours each) between 20-26 weeks gestation and four sessions later on in your pregnancy.

The programme offers practical and evidence-based information to support you as you prepare for parenthood. It's also 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.

## Weekly sessions

### Week 1 - Becoming a parent

Looking after ourselves, the growth and development of the baby in the womb.

### Week 2 - A healthy pregnancy

Creating a healthy womb environment for the baby - discussing smoking, stress, drugs, alcohol, weight gain, being active and eating well.

### Week 3 - Bonding

Responding to your baby's emotional and social needs. Creating a healthy home environment and family lifestyle.

### Week 4 - Caring

Caring for a newborn and keeping your baby safe. You will also learn about the role of partners, family and friends in caring for the baby and supporting you.

### Week 5 - Giving birth

Birth expectations, experience, coping strategies and tools. The importance of skin-to-skin contact. Preparing you and your birthing partner for a positive birth experience.

### Week 6 - Life after birth

Life with a new baby. Local support and services for you, your baby and family. Responsive infant feeding - practical help for your infant feeding needs.

