Bump, baby and you

Wigan Council

FREE Antenatal course on pregnancy, birth and parenting. Sessions are interactive, friendly and relaxed. You are very welcome to attend the sessions alone or bring your birthing partner, friend or relative along with you.

All sessions are 6-7:30pm

Online sessions (Once per month) via MS Teams for Antenatal Wellness and Labour and birth
https://bit.ly/47Fkt4R

TUESDAY
Hindley Family Hub,
Mornington Rd, Hindley,
Wigan WN2 4LG
https://bit.ly/3XFHbGx

WEDNESDAYS
Family Hub at the Meadows,
Ridyard St, Wigan WN5 9RQ
https://bit.ly/3TIENIt

THURSDAYS Westleigh Start Well

There are 4 separate sessions listed below, each session is no more than 90 minutes.

Antenatal Wellness (Online Session)
- Myth busting – the facts
- Exercise during pregnancy
- What influences our decisions & support medicines
- Feeding choices
- Bonding & attachment
- Vitamins & healthy start vouchers

Infant Feeding
- Feeding choices
- Skin to skin
- Responsive feeding and positions
- Safe sleep & night-time tips
- Storage of milk

Labour & Birth
- Signs and stages of labour
- Birthing plans
- Visiting hospital / home birth
- Signs your baby is unwell

Bringing Baby Home
- Mental health and wellbeing
- Baby brain development & play
- Keeping your baby safe
- Services for you & your baby

NHS Wrightington, Wigan and Leigh Teaching Hospitals NHS Foundation Trust
NHS Greater Manchester Integrated care
Be Well
Healthier Wigan
Dad Matters
Sure Start Children's Centre
Accredited as Baby Friendly Gold unicef UNITED KINGDOM