



FREE WORKSHOP FOR

EXPECTANT PARENTS

ALL YOU NEED TO KNOW TO HAVE A POSITIVE BIRTH EXPERIENCE.

You are warmly invited to attend this inspiring workshop, where you will find out all you need to know about preparing for your birth and early days as a new family.

The workshop will include:

- *Preparation in pregnancy for “The big day”
- *How to keep your birth normal
- *Options for pain management
- *Creating a realistic birthplan
- *How your birth partner can support you
- *Birth environment and options for place of birth
- *Considering a Waterbirth
- *Information on choosing cord blood/tissue collection
- *Breastfeeding as a natural way to feed baby
- *Early days as a new family

The workshop is funded by **Future Health Cord blood care** and will include light refreshments.

To find out more or to register your interest, please contact

Carrie Dewar (Midwifery advisor)

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Mobile: **07584170048**

Due to popular demand we encourage you to book your place as soon as you can to avoid disappointment.