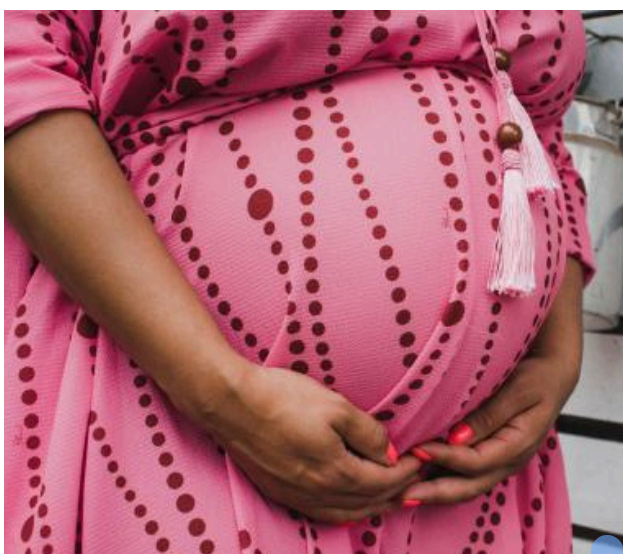


# Understanding pregnancy, labour, birth and your baby (Antenatal)

This is a live online course made up of five workshops and each workshop lasts up to two hours.

This course will cover:



- Your pregnancy journey and feelings
- Brain development and your baby in the womb
- Labour and birth
- Feeding
- Partner's role
- After your baby is born

Commissioned by Hackney Children & Family Hubs

Children &  
Family Hubs  
Partnerships



To book use:  
Link

<https://families.barnardos.org.uk/services>

Or QR Code

Starts Thursday

6 June

9.30-11.30am



**BARNARDOS**  
FAMILY SPACE