BabySteps

We're here to help you feel more confident about being a new parent. You've got this, and we're here to support you.



Building skills for parenting's joys and challenges.

What is Baby Steps?

Expecting a baby can bring up lots of different feelings, and parenting can sometimes take a bit of practice. To help you feel more confident about being a new parent, Baby Steps is here.

We're a free, friendly group for parents-to-be where you'll learn parenting tips you can use every day and meet people who'll support you in your parenting journey.

Each group will adapt to meet your needs as a new parent, but we usually cover:

- Your baby's development.
- What could change for you and the people around you.
- Giving birth and getting to know your baby.
- Caring for your baby and yourself.
- People and places that can support you.

You'll also look at lots of other topics, hear from other new parents, and receive 1-2-1 support that's built around you.

How to join Baby Steps

Ask your midwife to introduce you to the team

More information here:



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