

Derby City Health Visitor

Preparation for Parenthood sessions

Come and meet the Health Visiting and the Family Hub teams at our preparation for parenthood sessions.

We are running a rolling programme of 3 weekly sessions to share important information and skills to help expectant parents on their journey in to parenthood.

All expectant parents welcome!



Week 1 - Introduction to the HV service and the family hub service. Baby brain development during pregnancy and bonding. Information about the red book, immunisations, and health checks that are needed in the first months of life.

Week 2 - Information and practical demonstration on safe sleep, safety, safe handling of babies, dressing and bathing. How to support your baby's brain development.

Week 3 - Feeding your baby session led by the Infant Feeding Team.

Each session will be approximately two hours long. You can attend all three sessions or just the ones you are interested in.

Please see the Derby City Family Hub Guide (on Derby City Council's website) for dates of the sessions at the Family Hubs across the city. You can also enquire about dates via our Chat Health number below.

Please text our Chat Health service to book on to a session: **07507 327754**

Alternatively, you can just turn up.