

# Bump & Beyond Antenatal Classes

Free antenatal classes for first time pregnant women

## Bump Workshop

Between 16-22 weeks pregnant

Come and join us for an antenatal workshop, we will be looking at your baby growing and the changes for you.

Partners are welcome to attend

## Birth & Beyond

Between 28 - 34 weeks pregnant

These 4 weekly free sessions will look at giving birth, meeting and caring for your baby, baby cues and feeding, your health and wellbeing and much more. Partners are welcome to attend

**Hailsham Children's Centre**

Vega Close BN27 2JZ

Thursday 13:30-15:30

**Shinewater Children's Centre**

Milfoil Drive, BN23 8ED

Friday 13:30 - 15:30

or

## Evening Classes

Between 30 - 36 weeks pregnant

These two sessions will cover looking at giving birth, meeting and caring for your baby, your health and wellbeing, baby cues and feeding and who is there for you. Partners are welcome to attend

**The Elim Family Centre 1A Hartfield Rd, BN21 2ET**

Wednesday evenings from 18:00-21:00

Courses run on selected dates throughout the year and booking is essential.

**For more information please call Karen or Charlotte 01424 726450 / 01424 726440**

# Are you expecting a baby?

## Bump and Beyond Antenatal Classes

### Starting July 2019

**'Very interactive and welcoming and fun!'**

Hastings Bump and Beyond attendee

CCAdmin.HastingsRotherCCG@eastsussex.gov.uk

### Transition to parenthood can be a stressful time.

Bump and Beyond antenatal classes can support you by enabling you to -

- \* meet other parents to be,
- \* increase your knowledge by giving you evidenced based information
- \* inform you of support in the community.
- \* to help you develop a loving relationship with your unborn baby



Last updated 27/03/19

*"I think this course is essential and has completely changed my outlook of being a dad. Amazing what you can learn in 6 hours' -dad to be."*

*'well run classes and all the staff very informative and easy to talk to' -mum to be*

Comments from attendees to the Hastings & Rother Bump and Beyond courses

*'these classes provide a valuable support to expectant parents a great resource' -dad to be*

*"I felt very unprepared for the birth of baby before attending the course and now I feel much better' -mum to be*

*I learnt about brain and sensory development' -mum to be*

*I learnt so much!!! – how to establish breastfeeding, safe sleeping, community support and mental health support' -mum to be*

