



Join our Bump to Baby group



Becoming a mum, dad, or carer can feel exciting and challenging at the same time.

Join us for 5 weekly sessions to meet other parents and discuss:

- Preparing for and managing labour
- Bonding with your baby before and after birth
- Understanding your baby's sounds, signals, and cues
- Coping with crying and comforting your baby
- Becoming a parent and your changing relationships

FREE
antenatal
parenting
group



Book a place and find out more

 0800 389 5789

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 families.camden.gov.uk