

## Realistic information about what to expect in the early weeks



## Calling all antenatal parents!

Free antenatal classes about early newborn behaviour and feeding your baby

### ★Things I wish I had known★

EVERYONE WELCOME NO MATTER WHERE YOU ARE BOOKED TO DELIVER



Get **REALISTIC** information about overcoming possible challenges in the early days

Classes are at **GRANGE CHILDREN'S CENTRE W5 4HN 1.30 to 4.30**

**Class 1** first Friday of each month **How babies feed: 4<sup>th</sup> May, 1<sup>st</sup> June, 6<sup>th</sup> July, 3<sup>rd</sup> August, 7<sup>th</sup> September, 5<sup>th</sup> October, 2<sup>nd</sup> November, 7<sup>th</sup> December**

**Class 2** second Friday of each month **How babies communicate: 11<sup>th</sup> May, 8<sup>th</sup> June, 13<sup>th</sup> July, 10<sup>th</sup> August, 14<sup>th</sup> Sept, 12<sup>th</sup> Oct, 9<sup>th</sup> Nov, 14<sup>th</sup> Dec**

**You can attend one class or both classes**

**TO BOOK Text your name, postcode, baby's due date to 07718 114 882**

For information about feeding your baby, text 07718 114 882



London North West Healthcare **NHS**  
NHS Trust

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