

NEW BABY? – NEW YOU?



Whether you're finding motherhood a breeze or a little stormy, the NCT Early Days Course is time for YOU!

A new baby means a new life and new challenges for you and your partner. Come and share your experiences with other mums, be given support and encouragement, develop new ideas and coping strategies, have time to talk about how you feel, and of course.....have some fun!

The 7 week NCT *Early Days Course*, led by a postnatal facilitator, is designed to help increase your confidence as a new mother and incorporates issues such as:

Expectations versus reality	Dealing with advice
Returning to work & childcare	Changing relationships
Feeding, sleep, crying	Adapting to motherhood
Parenting styles & routines	Coping with stress

The discussions are mother focused - It's time for you!

WHEN: Wednesday 17th September to Wednesday 29th October, 2008
TIME: 10.30am to 12.30pm
COST: £60 for the 7 weekly 2 hour discussion group

(You do not have to be a NCT member to attend the postnatal course. Financial support may also be available).

The course will not offer medical advice or the 'how to' of baby care and is designed to compliment NHS Postnatal courses.

To book a place/ask for more information please call Samantha Hannay on 01428 606886 or email pnl.hannay@yahoo.co.uk