



Lambeth



Do you know that Lambeth offer an antenatal education programme called Baby Steps for expectant parents?

What is Baby Steps?

Baby Steps is a licenced programme developed by the NSPCC offering evidence-based education and support for expectant parents. It is facilitated by a combination of health (midwife or health visitor) and parenting workers and runs over 9 weeks - 6 sessions before and 3 sessions after your baby is born.

The aim of the programme is to increase support available during pregnancy and the first few months of life and prepare parents not only for the birth of their baby, but also their transition to parenthood.



What topics are covered in Baby Steps sessions?

- How our Babies develop
- Our Health and Wellbeing
- Becoming a Parent
- Labour & Giving Birth
- Caring for our Babies
- Preparing for life with a Newborn



Where will the sessions be held?

In Children's Centres across Lambeth. Daytimes and evenings available.

When does the programme start?

Between 26 - 32 weeks pregnant so please register your interest as soon as possible.

How do I sign up to the programme?

If you are currently pregnant, living in Lambeth and interested in taking part, please contact BabySteps@gstt.nhs.uk.