

What to expect when your new baby arrives

Being pregnant (especially for the first time) can be extremely exciting and a very happy time as you prepare for your new arrival. However, it can also feel daunting at times and a little overwhelming as you realise the idea of bringing your child home for the first time.

Surestart and the Lower Valley Health Visitors team want to help you feel confident and reassured about those first few days and weeks after your baby has arrived.

So if you are 30 weeks+ then come along to our antenatal workshop and meet your new health visitor!!



“GREAT!! I have a better understanding of breast feeding and skin to skin contact from both mum and dad”

Date	Time	Venue
Thursday 20th October	6.00pm – 7.30pm	Elland Children’s Centre
Thursday 17th November	6.00pm – 7.30pm	Field Lane Children’s Centre
Thursday 19th January	6.00pm – 7.30pm	Elland Children’s Centre
Thursday 23rd February	6.00pm – 7.30pm	Field Lane Children’s Centre
Tuesday 7th March	6.00pm – 7.30pm	Wellholme Park Children’s Centre

To book a place at any of these sessions
please call 01484 714768