

How Welcome  
to the World has  
helped other parents

“If understanding and knowledge is power then this course definitely empowers parents to get it right from the very beginning”

“I find it friendly and fascinating from a man’s point of view”

“I didn’t realise I needed to start talking to my baby while he was in the womb”

“I’ve been interacting with my baby since birth through facial expressions and looks which, until I attended the group, I would have thought a newborn too young for”

Welcome to the World  
Parent Group  
for expectant parents

Where:

When:

Contact details:

Welcome to  
the World  
Parent Group

Information  
for Parents

# Welcome to the World

## Topics covered in the group

**week 0** Introducing the Family Links Welcome to the World antenatal parent group

**week 1** Aims of the Antenatal Nurturing Programme  
Touching and Talking to my Baby in the Womb

**week 4** Personal Power, Self-esteem and  
Healthy Eating Choices

**week 5** Boundaries, Beliefs and Values  
Babies need Security, Consistency and Boundaries  
Helping my Baby Calm Him/Herself


**week 8** The Midwife—Labour Day  
Breastfeeding my Baby


The eight sessions are a relaxed way for parents to think about the transition to parenthood and discuss issues that can be a challenge for every new mother and father.


Over the eight weeks you'll meet with other parents and trained group leaders to talk about important questions such as  
“How is my baby developing?”  
“How should I feed my baby?”  
“What will I do when my baby cries?”  
“Is help available?”


### Key topics

 Understanding your baby -  
a baby's brain development

 Your future as parents  
and as a family

 Your roots, traditions,  
hopes and fears for the future

 Breastfeeding and the practical  
tasks of caring for a new baby

 The need to nurture ourselves

## Practical information

Parents attend the group from approx. 22 weeks of pregnancy

Partners are welcome to come to the sessions too and it's also fine to come on your own or with another relative or friend

There are eight sessions with a tea and coffee break

8-10 parents are invited and there are two Family Links trained group leaders

You need to come to all eight sessions

Some groups provide a creche; check with group leaders beforehand