




Bright  
Start  
Islington

Every child | Every family

# Are you expecting a baby?



Find out what to expect during your pregnancy, labour and birth with our free online course for mums and dads-to-be and their families.

This new course is available free to Islington residents until October 2020. Sign up now at [www.islington.gov.uk/parentingprogrammes](http://www.islington.gov.uk/parentingprogrammes)

# **‘Understanding pregnancy, labour, birth and your baby’ is an online course to help mums and dads-to-be prepare for the arrival of a new baby.**

## **What is the course all about?**

This online course was developed by Registered Midwives and other NHS professionals. It includes:

- What to expect during pregnancy and birth.
- How to build a relationship with your baby, even before the birth.
- Your new baby’s development.

## **Why choose an online course?**

- Parents, birth partners and anyone else around the baby can all get involved.
- You can do the course at a time and pace to suit you.
- Each module is interactive and takes only 20 minutes to complete.

## **How do I sign up?**

Visit [www.islington.gov.uk/parentingprogrammes](http://www.islington.gov.uk/parentingprogrammes), click on ‘Solihull Online Parenting course’ and then enter the access code ‘Bright Start’ to get started.

**Sign up now and access three additional free courses, to help build your confidence as your child grows up from toddler to teenager.**