To ensure that you and your family receive the best possible service from the Early Start team who deliver Preparation for Birth and Beyond we will share information with health visiting and children’s centre team members. Only team members involved in your care will have access to your information.

We will not share your information with anyone else without your prior consent, unless there is a risk of harm to a child or vulnerable adult, or when we are requested to assist in a serious crime investigation.

Help us to help you

We hope you find the Preparation for Birth and Beyond course helpful and that you are happy with all aspects of it.

The Early Start team will be keen to help you in any way they can during the course. So if you are unhappy about anything or have questions please ask the staff during or immediately after the sessions.

If you would rather speak to someone outside the Early Start team, you can get confidential help and support from:

PALS patient advice and liaison service.
Freephone 0113 220 8585
www.leedscommunityhealthcare.nhs.uk
lch.pals@nhs.net
Being pregnant and welcoming your baby into the world can be very exciting. There’s a lot to learn and it can be worrying at times. Preparation for Birth and Beyond, is to help you and your partner think about the birth of your baby and the early months after your baby is born.

**On the course you’ll learn about**

- Labour and meeting your baby;
- Feeding, bathing and practical care of your baby;
- Understanding your baby;
- What you can do to help your baby develop well; and
- Your health and well-being.

**Who is delivering the course in my area?**

Health visitors and your local children’s centre deliver this seven week course. A community midwife will join you on one of the sessions. Health visitors and children’s centre staff work together in Early Start teams to deliver services to meet the needs of children and families. Early Start teams can support you from pregnancy up to your child’s fifth birthday.

**How do I find out about it?**

- Ask your midwife about how you can attend a course in your area;
- Contact your local children’s centre; and
- Ask a health visitor at your health centre.

**At the end of the course...**

You will know so much more about how to prepare and care for your baby!

You may wish to keep contact with new friends you have met on this course; or meet new parents in your area. The Early Start team will give you information about groups and services who will be pleased to support you and your family in your area.