

Where is the course run?

YMTB is run every Wednesday 9:30am till 2:30pm

South Reading Community Hub
252 - 260 Northumberland Avenue
Reading
RG2 7QA

**For details on how to join,
please contact the team**

Sammy Ferguson

07966801878

Pre-Birth Family Worker

Karen Stevens

0774 744 3492

Specialist Midwife - Poppy Team



Brighter
Futures for
Children

YMTB'S Parents-to-be Award

A comprehensive, holistic course specifically designed for young mums to support preparations for life as a parent

About the programme

The “Young parents to be” course is a comprehensive training programme that aims to help pregnant young women prepare for a new life as a parent. This programme uses a holistic approach to health and education, providing accessible antenatal care and advice while also helping you to look to the future by considering options for returning to education, employment and training.

The programme successfully uses a multi-agency approach, working with the BfC Pre-Birth team, Midwives, Health Visitors and other voluntary and statutory agencies to deliver this course.

There will be an average of 50 guided learning hours over 12-14 weeks. The timetable is flexible.

Antenatal care and advice will be offered, combined with a holistic approach to health and education.

This provides a great opportunity for you to learn new skills, make new friends and move forward in your life.

Attending this course will not affect your benefits

What will you be doing?

Attending this course will enable you to:

- Find out more about having your baby - preparing for labour and birth
- Find out about changes to you and your baby - understanding antenatal development
- Look after your baby – develop the knowledge and understanding you need to care for a young baby
- Develop Coping Skills – this includes dealing with people, mental health and self-confidence
- Develop understanding of healthy lifestyles for parenting. This will include looking at how your lifestyle choices affect your baby/child
- Develop your self-confidence

You will receive a certificate on completion

As well as being given the opportunity to develop your knowledge and skills through this course, you will also be offered information, advice and guidance on:

- Returning to education
- Accessing childcare and available funding
- Your rights and responsibilities
- Your social wellbeing

