

Understanding your Pregnancy

**FREE
ONLINE
Course**

For everyone around
the Pregnancy – Mums,
Dads, Grandparents,
friends and
relations

Written by Registered
Midwives & NHS
professionals

Go to:
www.inourplace.co.uk
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WALSOLIHULLAPPROACHANT



Walsall Council



PROUD OF OUR PAST, OUR PRESENT AND FOR OUR FUTURE

Written by Registered
Midwives & NHS
professionals

Part of the Solihull
Approach series
9 Modules, lifetime
access
Available 24/7

Go to:
www.inourplace.co.uk
Click 'START NOW'- fill in your
details, to register & sign in
Scroll down & find 'Understanding
Pregnancy'
Click on 'Take course'
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- ✓ The course can be done on any PCs, MACs, iPads, laptop or smartphone, at a time and pace to suit family life
- ✓ There are 9 sessions each taking around 20 minutes (the main screen have optional audio voice-overs)
- ✓ Interactive activities, quizzes, video clips, practical hand-outs

The course covers:

- ✓ Information about the pregnancy
- ✓ Labour
- ✓ Birth and preparation
- ✓ After the baby is born
- ✓ Building relationships with the baby in the womb

For more information on parenting support in Walsall please visit:

<http://www.mywalsall.org/walsallearlyhelp/parenting/>



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