

## **Young Parents' Pregnancy and Parenting Program 2020**

Held on Thursdays 9.30am to 12.30pm during school terms. Four series run each year.

- **Series 1** – 6th February to 26th March
- **Series 2** – 30th April to 18th June
- **Series 3** – 23rd July to 10th September
- **Series 4** – 15th October to 3rd December

### **Program topics include:**

- Looking after yourself during pregnancy, birth and beyond
- Preparing for labour, birth and parenthood
- Tips for partners and support people
- Caring for baby before and after birth
- New young parents with babies under four months come along to some sessions to chat and share their experiences
- Baby can be weighed and have growth/development checks
- Support in the community - guest speakers come along to some sessions

Sessions are run by a Child Health Nurse and a Midwife.

Come along from 20 weeks up until baby is 4 months old.

### **For more information or to make a referral:**

**Phone 0457 905 534 or 0472 836 368 / Email [TSV-ChildHealth-YPAN@health.qld.gov.au](mailto:TSV-ChildHealth-YPAN@health.qld.gov.au)**

Include full name, date of birth, date baby is due, a mobile number