

# Are you or your partner expecting a baby?

In Coventry, we have put together some information about support and classes available to help you prepare for the birth of your baby.

## Positive Parenting

These classes are for 4/5 weeks and are run by positive parenting team. There is advice on healthy eating, breast feeding, what to expect in labour, safe sleeping and much more!

We have a new online antenatal course for parents this can be accessed anytime via this link; [solihullapproachparenting.com/online-courses-coventry](https://solihullapproachparenting.com/online-courses-coventry) using our code **SPRIES3** to access the courses.

Call into your local Family Hub for more information or email: [parenting@coventry.gov.uk](mailto:parenting@coventry.gov.uk)

## Maternity parent education classes

For information about your pregnancy journey, preparing for labour, and birth expectation classes, please speak to your community midwife or visit: [www.uhcw.nhs.uk](http://www.uhcw.nhs.uk)

## Bump and Me

Online antenatal exercise class, eating well and emotional wellbeing during pregnancy.

Informal group sessions to motivate and support you to stay well and be active during pregnancy.

**The sessions are Tuesday morning exercise class, Wednesday morning eating well, Thursday morning emotional wellness.**

If you would like to attend, please email [BeActiveBeHealthy@swft.nhs.uk](mailto:BeActiveBeHealthy@swft.nhs.uk)

## Bump 2 Baby antenatal sessions

Come along to The Wave in Coventry and meet your NHS Team supporting you and your baby before and after your birth - try some yoga if you want to!

For more information and to book a place, call or text the **Coventry Infant Feeding Team** on **07904 984620**.

## MAMTA

Supporting ethnic minority women in pregnancy and after baby is born, women only support and education. Language support on request.

Email: [mamta@fwt.org.uk](mailto:mamta@fwt.org.uk)

## Best Start in Life

We want all Coventry's children to have the best start in life, from pregnancy until their second birthday. Experiences for both parents and child during this crucial 1001 days lays the foundations for emotional and physical wellbeing. More support here:

[www.coventry.gov.uk/start-life](http://www.coventry.gov.uk/start-life)

