

inourplace 🧌



Online course for residents of Northern Ireland 'Understanding pregnancy, labour, birth and your baby'

9 Modules

Available 24/7

Take any time. Any place.

This course explains how and why you are so important to this baby, whether you are the mother, father, partner, grandparent or birth partner.

Some of what this course covers:

- Getting to know your baby in the womb
- You, your baby, and the stages of labour
- Feeding your baby

Also available: for women couples.

<image>

*Sign In or Registration required

Languages: Professionally translated into Modern Standard Arabic, Polish, Welsh and Urdu. Plus more using Google Translate widget.



For technical support, contact: 0121 296 4448 or <u>solihull.approach@uhb.nhs.uk</u>