

Your antenatal education

Your Preparation for Birth and Beyond antenatal education programme will be offered to you between 28-36 weeks of your pregnancy. The free 6-hour course aims to prepare you for the birth of your baby and the early days of parenting. You'll feel more confident about making the right decisions when caring for your new baby and looking after your own health and wellbeing. At the same time, you can meet others going through the same life change and form a support group.

Locations are **Reading**, **Wokingham** or **Newbury** and you will be offered a place depending on your location, due date and course availability.

To book on to your course, visit www.nct.org.uk/BerkshireAntenatal as soon as possible.



If you have any questions, please call
0208 752 2315 or email
Berkshire.Antenatal@nct.org.uk.