



Antenatal Sessions

From Bump to Birth (BBB) and Beyond is a free antenatal course run in children's centres. The courses are designed for mums-to-be (whether with their first child or if they have had children before), dads, carers and grandparents.

The BBB Courses is over 3 weeks and is run by the Midwife, Health Visitor Team and Children's Centre staff who offer advice and information to help you and your family prepare for the birth of your baby and parenthood.

Information covered :

- Labour and birth
- Baby brain development
- Emotional Wellbeing
- Safer Sleeping
- Feeding your new baby
- Early Play / Speech and Language
- Baby's development
- Keeping baby safe

From Bump to Birth and Beyond runs at Children's Centres across the county. It is recommended that you can attend from when you are around 28 weeks pregnant.

To book onto a BBB course please ring:

Lune Park Children's Centre on
(01524) 382818

They will give you details of courses held across your area with dates and times. They will also send you a letter confirming the course you are booked onto.

University Hospitals 
of Morecambe Bay
NHS Trust

Blackpool Teaching Hospitals 
NHS Foundation Trust

You can also book onto a course using a form which will be given to you at your 20 week midwifery appointment.

Course breakdown

Week 1: Midwife – Labour and birth

Week 2: Health Visitor - How the Health Visitors supports you and your family when baby arrives. All the information you need on your Infant feeding options available to make an informed choice.

Week 3: Children's Centre – Life with a New Born, Safer Sleeping, keeping baby safe at home, out and about as well as lots of interesting information on treasure baskets/early play and language development.

What is a Children's Centre?

Children's centres offer services and activities for families with young children. Children's Centres offer services such as antenatal sessions, baby massage sessions, parent and child groups, home visits as well as advice and information on benefits, training and childcare.

Breastfeeding workshop

Come along to an antenatal workshop and boost your confidence on how to breastfeed. Ask any questions you may have about life with a breastfed baby. You can come alone or bring someone with you. To get the dates for the workshops please call

Lune Park Children's Centre on **(01524) 382818**

Physiotherapy session.

If you would like to attend a physio session then please speak to your midwife. Please bring your green notes with you.

Aquanatal

Aquanatal sessions are held at Salt Ayre Sports Centre Morecambe on Thursday's 7-7:55pm (Please see the timetable to check the session are running during holidays.) for pregnant women from 20 weeks pregnancy.

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