

Are you expecting your first baby?  
Why not book to come along to our  
free Ante-Natal group?

# *Preparing for Baby 6 week group*

## *What to expect*

Practical advice  
and tips on baby  
essentials such as  
bathing, safe sleep,  
baby equipment  
and more

How to look after  
yourself including  
keeping a healthy  
diet

Signposting to  
services that are  
there for you

Free refreshments

The importance of  
early interactions  
and how to switch  
on your baby's  
brain.

Your partner, friend  
or family member  
are welcome too!



**Tuesdays**  
**19th September - 24th October**

**3.15pm-5.00pm**

**at Buckland and Whitfield  
Children's Centre,  
St Nicholas Church, The Linces, Dover,  
CT16 2BN**

To find out more or to register your  
interest, please call 03000 414941 or  
email [ddsc@kent.gov.uk](mailto:ddsc@kent.gov.uk)

You will be contacted and invited  
along once you are 27 weeks +

Please note, sessions are delivered by  
Children's Centre staff and will not  
include advice on labour or delivery.