

# Getting ready for baby!

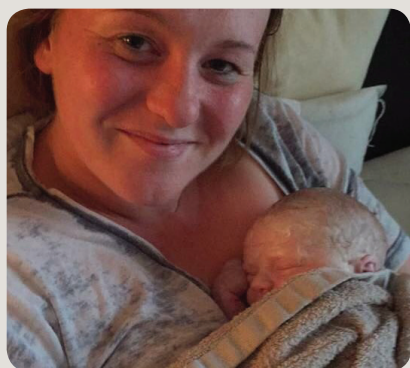
We have the pleasure of inviting you to our **Antenatal Information Programme**. The friendly, informative sessions are held in the day and evening at St.Helens Children's Centres. Your partner, friend or a family member are welcome to attend with you.

## Infant Feeding

- Importance of skin to skin
- Responsive feeding
- Feeding options
- What to expect in the first week
- Value of support



From 28 weeks, your **Health Visitor** will contact you to arrange an antenatal home visit.



Your midwife will help you with:

## Labour and Birth

- Signs of labour
- Birth
- Pain relief
- Care of your baby
- You can't spoil your baby

For more information, call the Infant Feeding Team on:

**0300 300 0103**

or: 07919 305 174

visit: [www.healthysthelens.co.uk](http://www.healthysthelens.co.uk)

\*calls cost the same as calling a landline, even from a mobile.

St Helens and Knowsley Teaching Hospitals **NHS**  
NHS Trust



St. Helens  
Council

Available as  
a 2 Pack!

# yourmilk

*Perfect for baby!*

## The mother of all milks

- Pre-sterilised
- No equipment required
- Perfect temperature every time
- Helps you to bond with your baby
- Protects your baby from tummy bugs
- Long life - reduces risk of breast cancer
- Range of carry cases available

BURNS  
**500**  
calories  
PER DAY

*Every day you breastfeed,  
your milk protects your  
baby from infection*



To find out how to get the most out of  
breastfeeding call: **0300 300 0103**  
search '**Breast Feeding St Helens**'

