

# Antenatal Infant Feeding Workshops

If you are an expectant parent (28 weeks plus) we would love to invite you along to our Antenatal Infant Feeding Workshop, to provide information and support around preparing for the arrival of your baby and infant feeding.

You will be invited to this workshop during antenatal contact with our service and will also receive a letter inviting you. You can also call us to book your free space. Workshops are approx. 1 hour and run monthly from the following locations. Call for upcoming dates.

## Topics covered in workshop

- Connecting in pregnancy
- Feeding your baby
- The early days and what to expect
- Discussion around baby crying
- Keeping your baby safe

**T: 0300 247 0014**

[www.essexfamilywellbeing.co.uk](http://www.essexfamilywellbeing.co.uk)

## Locations:

- **Chelmsford West Family Hub**, Dixon Ave, Chelmsford, CM1 2AQ
- **Chetwood Family Hub**, Shirebourn Vale, South Woodham Ferrers, CM3 5ZX
- **Silver End Family Hub**, Village Hall, Broadway, CM8 3RQ

Commissioned by