



Can I bring someone with me?

Yes we welcome partners and/or family members to help you feel comfortable.

What if I cannot come one week?

Please keep in touch and we will ensure you don't miss anything for the following week

Will you ask me questions?

Not directly no, we don't want anyone to feel embarrassed or uncomfortable so there is no role play or individual questions.

Is it FREE?

Yes the course is funded by the Big lottery and completely free for you to attend.

I cannot get to the location for the classes?

Don't worry, let us know and we will try to help with transport costs to ensure you don't miss out.

Can I come on my own?

Yes of course. We are very friendly and the sessions are very relaxed, a chance to talk about your pregnancy.

How many people will be there?

Our groups have no more than 10 pregnant ladies attending. We like to keep the groups small and friendly.

I am scared to attend, what can I do?

Please get in touch and we can have a chat about ways to help your confidence and even escort you into the sessions to help you feel more relaxed.

Are the sessions just for girls?

No we welcome any Dads and encourage their participation so they can be part of the pregnancy learning.

Do I have to complete the qualification?

Not at all, we would love you to but there will be no pressure and you can just keep your portfolio as a keepsake of your pregnancy.

Who are Before Baby?

We are a qualified team of specialist antenatal teachers here to support and help parents through pregnancy and beyond. Passionate about you and your baby.