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peep antenatal programme

Peep antenatal is a  
FREE programme suitable for  
expectant parents of 28 weeks+

Meet other parents to be, bond  
with your baby and build your  
confidence.





## The peep antenatal programme

This programme is suitable for women in their 28th week + of pregnancy. Partners and Dads to be are welcome to attend the course too.



The peep antenatal programme aims to support mums and dads to think about their baby and tune in to their baby's feelings by understanding the importance of sensitive parenting to developing a loving, consistent and secure attachment.

This helps parent-baby bonding. Research indicates that these strong relationships enhance parents' confidence and self-esteem, as well as contributing to better outcomes for the child.



This programme aims to support parents to become more aware of the social and emotional aspects of the transition to parenthood offering support to parents to manage their own (sometimes difficult) feelings that are aroused by a new baby. The course gives an opportunity to meet other expectant or new parents and develop a supportive network group which can help to prevent isolation, anxiety and low-level depression.

Peep antenatal aims to support parents to give their baby the best start in life.



## peep antenatal session overview

The programme involves an introductory session followed by five sessions before baby is born.

1. Getting to know each other – and baby
2. Supportive networks for parents -reading, talking, stroking and singing to your baby-bump
3. The transition to parenthood – how life might change
4. The developing brain – and emotional support during the birth
5. How babies communicate - baby states and crying



There are a further five sessions after baby has arrived. These can be delivered as a continuation to the antenatal sessions or incorporated into a peep group.

1. The very first language
2. Knowing me, knowing you
3. Building a brain
4. Babies making choices
5. Making the most of routines