

## Dads-to-be antenatal group

**Are you about to be a new dad? Is this a whole new experience for you?**

Meet other dads-to-be at a friendly **FREE** session led by a midwife and children's centre staff.

You'll get to learn or practise practical baby care skills and understand the importance of your role as a supportive partner during pregnancy and labour, and as a father when your baby is home.

**Please note, you will need to attend both sessions.**

★ **East Reading Children's Centre**  
Sun Street, Reading RG1 3JX  
(car park on site)

★ **Thursday 5 February, 6.30-9.30pm**  
**and**

★ **Thursday 12 February, 6.30-9.30pm**

For more information and to book, contact:

**Sue on 07921 403349**

[sue.blackwood@reading.gov.uk](mailto:sue.blackwood@reading.gov.uk)

or **Alison on 07890 899032**

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