

Parenting programme

April 2026 - February 2027

An annual planner for **FREE** parenting sessions held in Family Hubs across Reading.



Reading
Borough Council
Working better with you



April 2026

Young-mums-to-be YMTB

(East & North Family Hub)

9.30am-1.30pm
12-week course
22 April - 8 July

Mellow Babies (Ranikhet Family Hub)

9.30am-2.30pm
14-week course
14 April - 21 July
Crèche available

Webster Toddler (East & North Family Hub)

10am-12pm
12-week course
23 April - 16 July
Crèche available

May 2026

Mellow Bumps (South Reading Family Hub)

12.30-2.30pm
6-week course
7 May - 11 June

Dads-to-be (East & North Family Hub)

6.30-9.30pm
2-week course
Weds 13 May &
Weds 20 May

Register for our
Family Hubs
Under Ss services



September 2026

Young-mums-to-be (YMTB)

(East & North Family Hub)

9.30am-12.30pm
12-week course
16 Sept - 2 December

Mellow Bumps (Southcote Family Hub)

12.30-2.30pm
6-week course
17 Sept - 22 October

Mellow Babies (East & North Family Hub)

9.30am-2.30pm
17 Sept - 17 December
Crèche available

Webster Toddler (Ranikhet Family Hub)

10am-12pm
12-week course
15 Sept- 8 December
Crèche available

Dads-to-be (East & North Family Hub)

6.30-9.30pm
2-week evening course
Dates TBC

November 2026

Mellow Bumps (East & North Family Hub)

10am-12pm
6-week course
3 Nov - 8 Dec

Dads-to-be (East & North Family Hub)

6.30-9.30pm
2-week evening course
Dates TBC

January 2027

Young-mums-to-be YMTB

(East & North Family Hub)
9.30am-1.30pm
12 weeks
13 Jan - 31 March

Mellow Babies (Ranikhet Family Hub)

9.30am-2.30pm
12 Jan - 23 March
Crèche available

Webster Toddler (South Reading Family Hub)

12.30-2.30pm
10 week course
14 Jan - 25 March
Crèche available

February 2027

Mellow Bumps (Southcote Family Hub)

12.30-2.30pm
6 week course
18 Feb - 25 March

Dads-to-be (East & North Family Hub)

6.30-9.30pm
2-week evening course
Dates tbc

more info overleaf

For all sessions, please book your place
Email: Familyhub.@reading.gov.uk

More information on our FREE parenting sessions



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YMTB Young Mums-To-Be: A 12-week antenatal course taught with a Poppy Team midwife to help pregnant young first time mums prepare for a new life as a parent. You will learn about having your baby and preparing for labour and birth. We explore the changes to you and your baby to understand antenatal development. We discuss the knowledge and understanding you need to care for your baby in the first 6 months and the support available. The course aims to help you develop skills around social interactions, managing emotional well-being and self-confidence.

Dads-To-Be: A 2-week evening session where expectant fathers can get practical advice from a midwife from the RBH and explore the emotional implications of having a new baby on both parents, as well as ways to support emotional well-being. It is a relaxed, friendly session and a great way to meet other expectant fathers.

Mellow Bumps: A 6-week antenatal group, especially relevant for families needing extra support eg. those working with a family worker, social worker, specialist midwifery team, perinatal mental health team or requiring extra support from health-visiting team. It is intended to decrease the stress levels of mums-to-be in pregnancy, to understand the importance of early interaction with babies for their brain development. The mums-to-be are also helped to identify their own needs and how to access support both in pregnancy and after the birth of their baby.

Mellow Babies: A 14-week, one day a week group for mums with babies aged 12 weeks to 1.5 years. Free creche on site where the babies will be cared for 2 hours in the morning and 2 hours in the afternoon. Between sessions there is a shared lunch and joint activity to help parents to enjoy interacting with their babies. Mums explore their own experiences to help them understand their care giving style. The programme is designed to improve attachment and develop strong parent-child relationships. Mellow Mums & Babies is a group based approach designed to support families who have additional health and social care needs.

Webster Toddler: A 12-week course, focusing on children aged 1-3yrs. Exploring simple but effective ways to enhance your child's emotional and social competence. You'll learn how to use play, language, positive discipline strategies and more to build a good relationship with your toddler. Free creche for under 5s to attend while their parent/carer attends the course.

Find us at:

Ranikhet Family Hub

Thurso Close
Reading
RG30 4YH

Southcote Family Hub

85 Coronation Square
Reading
RG30 3QP

South Reading Family Hub

330 Northumberland Ave
Reading
RG2 8DH

East & North Family Hub

Sun Street
Reading
RG1 3JX

If you are working with a family you think would benefit from one of the courses, email: sue.blackwood@reading.gov.uk. A parenting referral will need to be completed through Mosaic.

Follow us at
[@BFfChild](https://www.facebook.com/BFfChild)

