Mellow Bumps

Are you a mum-to-be? It's natural to worry about your baby when you're pregnant, or when they're newborn. You might worry if your baby will be healthy, or if you will be able to do all you need to look after them.



It can be especially hard if you have had challenges in your own childhood or you are under stress or experiencing health or social problems during your pregnancy.

Getting together with other mums-to-be and sharing ideas and experiences can be reassuring. They may know how you are feeling and you can support each other.

This antenatal parenting course is for pregnant mums and **does** not include partners.

Join us on our next Mellow Bumps course:

- **Tues 3 November - Tues 8 December 2026**
- **10am-12noon**
- **East & North Reading Family Hub, Sun Street, Reading RG1 3JX**

For more information and to book your place, please contact Sue Blackwood or Alison Hanks:

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