

RU

pregnant? Under 20?

Wanting to know more about:

- Labour & birth
- Babycare
- Feeding
- Coping with parenting
- Future options?

Week 1	Get chilled! (relaxation)
Week 2	Get creative! (crafts) <i>Labour and pain relief</i>
Week 3	Get sussed! (benefits advice)
Week 4	Get cooking! (healthy eating)
Week 5	Get going! (Exercise, fun and fitness) <i>Labour ward tour</i>
Week 6	Get skilled! (Bathing, nappies and clothes)
Week 7	Get chewing! (Caring for your baby's teeth) <i>Labour and pain relief</i>
Week 8	Get the facts! (Feeding your baby)
Week 9	Get choices! (Careers workshop)
Week 10	Get support! (coping with lifestyle changes)
Week 11	Get2knowU! (How your baby learns) <i>Labour ward tour</i>
Week 12	Get ready! How prepared RU?

YM2b is aimed at young women under twenty who are pregnant.

The course provides antenatal information, support, and the chance to meet with other pregnant young women in West Lothian

YM2b is a 12 week rolling programme you can join at any time during your pregnancy.

Information sessions on labour and pain relief are offered by local midwives every six weeks, and there are regular tours of the labour ward

One young mum:

"When your baby arrives in your life it is a totally life-changing experience. You find that when you used to go clubbing on a Friday evening, you are now sitting at home playing peek-a-boo from behind a cushion"

Get prepared!

Get support!

Get ready!

YM2B meets

At Pavilion
Craigsfarm
Craigshill
Livingston

Fridays, 11-1pm

Lunch will be provided

Want more info?

Contact your local midwife, Denise or Helen at **Sure ☀ Start**.
(01506 775836)

YM2b East



**Support
and info
b4 baby!**