

Antenatal Workshops

The Health Visitors run both virtual and face to face antenatal workshops. These cover a range of topics including:

- Baby brain development
- Building a relationship with your baby
- Safer sleep advice
- Immunisations
- What to do if you are worried about your baby



Infant Feeding Virtual Workshops

We also offer virtual infant feeding workshops that cover topics such as:

- Baby's first feed
- Responsive feeding
- Breastfeeding – the benefits and how to get started
- Bottle feeding – how to safely make up feeds & what equipment you need



To book on to either of the workshops or for any additional information please phone 01908 725 100 then select option 1 and then option 1 again.

Breastfeeding Support

Face to Face

Every Tuesday from 10:00—11:30 at:
Hedgerows Children's Centre



Langland Road
Netherfield
MK6 4NP
01908 239000

This is a drop-in clinic so you do not need to book, just turn up.

Virtual

Every Thursday from 10:00—11:00

Please phone 01908 725 100 or
email
cnw-tr.0-19adminhub.mk@nhs.net
and the MS Teams link can be sent to
you to join.