

Be a more confident parent with NCT

Antenatal courses

Our teachers will help you explore choices around labour, birth and parenting

- Small, interactive classes
- Share your experiences with other new parents
- Find out about local maternity services



Early Days courses

- Discuss life as a new parent with our qualified group leaders
- Explore issues from crying & sleeping to the reality of parenthood
- Meet other new parents in your area



Concessionary rates available

Prepare for pregnancy, birth & parenthood with NCT, UK's largest charity for parents.

Call NCT today on
0300 330 0770
www.nct.org.uk/confidence

National Childbirth Trust is a registered charity (801395)

NCT brings you some frequently asked questions in association with Hereford Times.

What are the benefits of water or home births?

Home birth can provide a more relaxed atmosphere and help you to feel in control during labour, while water birth can ease the pain by providing calm and space. Not all hospital units will have a birth pool available although some hospitals will allow you to use your own pool. You can also hire a pool to use at home.

How will I know I'm in labour? When will I need to go into hospital?

When your contractions are long, strong and coming close together, ring your midwife or hospital to discuss your options. The longer you can labour at home the better. Labour is unpredictable and usually lasts much longer than people think it will, especially if it is a first baby. Many women say they wish they hadn't gone to hospital so early as it was harder to cope in a strange environment.

To book an NCT antenatal or Early Days course, order a free copy of the NCT DVD 'Mum's the Word' or find out about local support groups, call **0300 330 0770** or visit www.nct.org.uk

NCT helplines


Pregnancy & Birth line: **0300 330 0772**
Breastfeeding line: **0300 330 0771**

Sign up to your free NCT eguide

Send us your contact details and the due date/birth date of your baby and we'll send you regular issues of Stepping Stones, our new email guide to life as a parent. Call **0300 330 0770** or email steppingstones@nct.org.uk

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Gifts for Christmas

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Little Chic
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HEREFORDBABY.CO.UK

Everything parents, families and carers of pre-school children need - just a click away



- Free Ads ~ to buy and sell
- Details of nurseries, childminders, play groups etc
- Find local businesses ~ for all your baby and toddler needs
- Practical tips, advice and guidance from Herefordshire mums and dads
- Useful links to other child friendly sites

Please visit us at www.herefordbaby.co.uk
Contact Rachael Hanson on 01568 720170



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