



Online Resources: Antenatal & Birth Preparation

Digital Notes: There are resources and daily updated information on your **'My Maternity Notes App'** - have you signed up for push notifications?

If you have any concerns about your pregnancy contact your community midwife or the maternity unit

PREPARING FOR LABOUR ARTICLES

Tommy's - 5 Positive ways to prepare for Labour	https://www.tommys.org/pregnancy-information/labour-birth/5-positive-ways-prepare-labour
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NATIONAL ONLINE BIRTH AND PARENTING CLASSES

Pathway to Parenting Course - shared by Norfolk NHS (free)	Antenatal and Parenting online class, https://www.justonenorfolk.nhs.uk/our-services/pathway-to-parenting-p2p?fbclid=IwAR1E_afSke3Cdp-BUISptqOtMJ3qvItN2-CLV5WiaX6PSg9lbr6HsQJudyA
Positive Birthing Company (cost: what you can pay £12.50; £20 Or £30)	https://www.positivebirthmovement.org/courses/about-positive-birth-covid-19-rescue-pack/
Daisy Birthing Company	https://thedaisyfoundation.com/daisy-birthing-antenatal-classes/
KG Hypnobirthing - Covid-19 online support module	https://www.kghypnobirthing.com/
Antenatal Breastfeeding course from the Association of Breastfeeding Mothers , (free)	Antenatal breastfeeding course https://courses.abm.support/courses/team-baby-getting-ready-to-breastfeed/

LOCAL ACCESS ONLINE BIRTH & PARENTHOOD PREPARATION

Online courses for parents & parents-to-be

FREE for
CUMBRIA parents, grandparents and carers

From bump to 19 years,
lifetime access



Access Code:
WORDSWORTH

go to www.inourplace.co.uk
Apply the 'ACCESS' code for a 100% discount!
Fill in some details to create an account

To return to the course(s) go to
www.inourplace.co.uk and sign in!

UNDERSTANDING YOUR CHILD
SOLIHULL APPROACH

Cumbria
County Council

Cumbria
Children's trust

www.solihullapproachparenting.com www.inourplace.co.uk
f Solihull Approach @SolihullApproach

For technical support contact
solihullapproach-parenting@heartofengland.nhs.uk
or 0121 296 4448 Mon-Fri 9am-5pm

www.inourplace.co.uk use Access Code:Wordsworth for a 100%

discount

West Cumbria NCT Birth preparation classes Unit Handouts now available (free)	Via Facebook Group: West Cumbria NCT Branch - In It Together (COVID-19 Parent Support) https://www.facebook.com/groups/2731448406953628/learning_content/
West Cumbria Maternity Voices 'Keep labour flowing' booklet and posters access via West North East Cumbria Website	https://www.wnecumbriamvp.co.uk/personalised-care-and-your-choices
Yoga and well-being resources (free)	https://beautifulbeginnings.org.uk/ https://beautifulbeginnings.org.uk/resources/
West Coast Hypnobirthing Online Hypnobirthing, classes	https://www.westcumbriahypnobirthing.com/ https://www.facebook.com/westcumbriahypnobirthing/
Pregnancy Yoga, Carlisle, with Emily Hoyle	https://www.facebook.com/emilyatnourishyoga/
Hypnobirthing Cumbria, Skype courses (Fee)	https://www.hypnobirthingcumbria.co.uk/

APPS	
The Baby Buddy app - guides you through your pregnancy and the first 6 months following your baby's birth. It is designed to help you look after your baby's mental and physical health, as well as your own, and give your baby the best start in life. Find out more at:	https://www.nhs.uk/apps-library/baby-buddy/

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