

Antenatal and parenting classes in Tameside

Age of child	Group / Course Name	No. of sessions	For Who?	How do you access the course?	Brief overview
Pregnancy to birth	Antenatal Wellbeing Workshop	1	For everyone booked expecting at Tameside General Hospital	Referral by midwife	Emotional wellbeing of the parent
Pregnancy	Solihull Antenatal Course	5	For everyone	parentingreferrals@tameside.gov.uk	Understanding your feelings, your baby and what to expect
Pregnancy to under 2's	Bumps to Under 2's	8 on line sessions	For everyone	Contact Homestart Tameside	Peer support to reduce feelings of isolation and anxiety
Pregnancy	Support in pregnancy to discuss infant feeding	1	For everyone	Contact Homestart Tameside	Individual support in pregnancy to discuss infant feeding
Pregnancy to 28 weeks	Online Breastfeeding Basics Workshop	1	For everyone	Contact Homestart Tameside	Learn more about breastfeeding and expressing, the Home Start Infant Feeding Team and the support they offer
Pregnancy	4 Mellow bumps	6	For those needing more support	Referral through midwife or Early attachment service	Supporting parents in their relationship with their unborn baby
Pregnancy to 6 months	1 Baby and me	6-8	For those needing more support	Referral by midwife, health visitor or early attachment service	Supporting parents in their relationship with their baby
Pregnancy to 1 year	Nurture Well Group	10 sessions	For those needing more support	Referral by Health Minds	Emotional wellbeing of parent and developing nurturing relationships between parent and baby
Pregnancy to 2 years	Perinatal Depression Group	8 group sessions, 2 1-to-1 sessions	For those needing more support and have a diagnosis of parental depression	Referral by Health Minds	Supporting parents to understand their depression and interpersonal distress
Birth to 9 months	Solihull Postnatal Course	6	For everyone	parentingreferrals@tameside.gov.uk	Understanding your baby and supporting your relationship
Birth to 18 months	5 Early Start	6	For those needing more support	Referral through health visitor or children's centre	Supporting parents in getting to know their baby
3 months to 5 years	3 Mellow parenting	14	For those needing more support	Referral through parenting team or Early attachment service	Supporting parents in their relationship with their baby
18 months to 3 years	2 Toddler bonding	6-8	For those needing more support	Referral through Early attachment service	Supporting parents in their relationship with their toddler
1 year - 5 years	6 Toddler troupe	weekly, unlimited	For those needing more support	Referral through Early attachment service	Supporting parents in their relationship with their toddler in a play based group