

Most first-time parents hear about NCT antenatal classes through recommendations from friends or their local midwife.

The main differences between NHS Parentcraft classes and the NCT antenatal classes are:-

1. The size of the class. Parentcraft classes can be large in number, and therefore tend to be less personal. NCT classes are run in the homes of our antenatal teachers, so they accept no more than 8 couples. This in itself offers a more personal experience.
2. The time. Parentcraft classes are usually held in the afternoons, which can make it difficult for partners to be involved without taking time off work. NCT antenatal classes are designed for couples and are run in the evenings.
3. The price. Parentcraft classes are free of charge. The NCT only make a charge for the course in order to pay their teacher's salary and expenses.

We run small, fun and friendly antenatal courses to suit busy expectant parents. Our qualified teachers can offer classes for couples expecting their first child, as well as refresher classes designed for second/third time parents.

All our classes are open to couples, whether that be your partner, mum or best friend, and are typically run over a 6-8 week period, one evening per week (8.00-10.00pm).

Contact Rachel White on 0870 421 4228 for further details about course content and fees.

Remember to book early as these classes are very popular!

"Our antenatal teachers, breastfeeding counsellors and postnatal leaders undergo a thorough training with the NCT although they are not required to be medically qualified. All teachers, counsellors and leaders are expected to keep up to date with the latest developments in maternity care and must register with us every year. Their role is to offer support, information, practical skills and resources to help parents make informed choices for themselves and their babies. They do not offer medical advice and parents are asked to take any questions about the medical care of mother and baby to their midwife, health visitor or doctor."