

Congratulations!

Now that your baby has arrived, you might like some friendship and support from other parents within your neighbourhood.

Postnatal Supporters

By attending one of our NCT antenatal courses, our branch offers follow-up postnatal support once your baby has arrived.

We invite you and your new baby to regular coffee meetings with the rest of your antenatal group. Many new parents have found this to be a valuable support system, allowing them time out and a chance to discuss all those questions that come with a new baby. The only qualification our Postnatal Supporters hold is that they are parents themselves, and they will happily offer friendly advice and support if required, whilst making the tea!

Don't worry if you didn't get a place on an NCT antenatal course – we can still offer this service in the majority of cases by putting you in touch with an existing group.