



Great Expectations

An antenatal programme
for pregnant women, partners and supporters
in Plymouth

Central point for allocation of places

Central Allocation Team
LARK Children's Centre
99 North Prospect Road
Plymouth PL2 2NA

Tel: 01752 313293



What I need to know

The benefits of breastfeeding, for baby and Mum, how can she be supported?

Talking to your bump.

What do I need to do to make my home safe for my new baby?

How will my baby benefit if I and my partner stop smoking?

*Childbirth –
What are my options?*

What age before my baby starts to copy me?

How will our relationship change?

How can we be good parents?

Will we know what to do?

*Paternity leave –
What am I entitled too?*

What can I expect from my employer?

When do I contact the midwife/hospital?



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How it helped me

“Great to talk and find out what was to come”

*“**Feel confident asking for help and where to go**”*

“Getting everyone together and talk about their worries, so I’m not on my own”

*“**Made friends**”*

“I can’t wait to meet my baby!”

*“**More confidence**”*

“Getting to see that such a young baby can copy expressions”

*“**Breast is best!!**”*

“It helped me to understand how being pregnant made her feel, and that meant I was better able to support her”

*“**Open and friendly setting so that I didn’t feel silly asking questions**”*