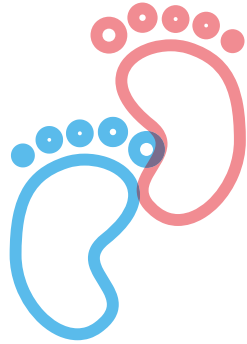


ENJOY YOUR BABY



About the Programme

Enjoy Your Baby (EYB) designed for new parents who are interested in discovering how to boost confidence as a new parent, rediscover time for themselves, build a better relationship with their baby, and truly enjoy their baby.



What topics does it cover?

A compilation of modules, books and worksheet, EYB covers the early weeks and months of parents and provide guidance on building a foundation for your baby's future life, particularly through bonding and attachment. It also addresses the importance of shared happiness, managing thoughts and feelings, rest, asking for help, and tackling even the toughest of problems.

List of Modules

- Changes 1-3 Building Closeness to your baby
- Changes 4-9 Doing things that make you both feel better
- Change 10 Play thought detective
- Change 11 Looking at things differently
- Change 12 Getting a better night's sleep
- Change 13 Asking for what you need
- Change 14 123 Breathe - Overcoming anger and irritability
- Change 15 How to fix almost everything



Who is this course for?

This course is designed for parents or in the process of becoming parents. The Enjoy Your Baby modules, books and worksheets can help parents enjoy their lives, build close bonds with their child, and maintain links to other important people and activities in their life. The modules explain 15 changes that can help you and your baby feel better. Sign up today and complete in your own time: day or night!



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