



Expecting your first baby together?

The birth of a new baby is a time of huge change for a couple, and the move into parenthood can have a big impact on a couple's relationship.

Family Foundations is a free course for couples expecting their first baby together. It's designed to help you build a strong family unit and fully support your child's development.



How it works

Small group sessions are led by expert male and female facilitators. Each week they will introduce you to different topics to discuss, and communication strategies to try out with your partner.

The course is a great opportunity to meet and connect with other expectant parents.

Family Foundations will help you

- Prepare yourself, and your relationship for the birth of your baby
- Manage stress and handle difficult situations parenthood can bring
- Improve communication with your partner and resolve conflict
- Learn new skills and techniques to strengthen your relationship
- Understand the important role each parent plays in their child's life.

You can attend if you are

- A couple expecting your first child together (even if you have children from previous relationships)
- Between 24 and 32 weeks pregnant at the course start date

We welcome same sex couples and those from all faiths and backgrounds.

The course involves

- Four sessions before the birth to prepare you for parenthood
- A further 3 sessions will take place four weeks after the birth of your baby (you are welcome to have your baby in the sessions with you)



Course details

Groups are face to face and take place throughout the year. Please contact us using the details below for upcoming group dates.

To book your place or find out more

You can refer yourself by calling or emailing below:

Tel 07825 862574

Email Parent.Relationships@brighton-hove.gov.uk

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www.brighton-hove.gov.uk/family-foundations-privacy-notice