

## OUR GROUPS...

### Story-Start

Supporting parents to interact, communicate and read with their young children from birth

Local Story-Start Coordinator: Carol Morris  
E: carol@homestart-westsomerset.org.uk  
T: 01643 707304 M: 07376 809976

### Home-Start

Providing help, support and friendship for your family during early years

Senior Family Support Coordinator: Clare Pound  
E: admin@homestart-westsomerset.org.uk  
T: 01643 707304 M: 07826 326055

### School-Start

Practical sessions preparing you and your child for the start of school

School-Start Coordinator: Carol Morris  
E: carol@homestart-westsomerset.org.uk  
T: 01643 707304 M: 07376 809976

### Baby-Start

A fun club for you and your baby including song sharing, sensory play and lots more!

Local Baby-Start Co-ordinator: Hayley Williams  
E: admin@homestart-westsomerset.org.uk  
T: 01643 707304



# Bumpstart®

Support through pregnancy, birth and beyond

Offering support to all expectant parents across Somerset

Follow us on social media to keep up to date with our latest courses:

**Facebook:** homestartwestsomerset

**Instagram:** homestartws

Bump-Start Lead Coordinator: Debbie Roger  
E: debbie@homestart-westsomerset.org.uk  
T: 01643 707304 M: 07342 237876

**HOME START**  
West Somerset



[www.homestart-westsomerset.org.uk](http://www.homestart-westsomerset.org.uk)

## About Us...

### Expecting a baby can be tough!

Through our Bump-Start programme, we aim to offer expectant parents: knowledge, empowerment and skills to support their growing family.

This is offered through a variety of workshops, 1:1 encouragement and postnatal baby groups; all delivered by our friendly coordinators.

Our coordinators have varied training including backgrounds in nursing and hypnobirthing and are both trained to deliver all our workshops and support a growing family's needs.



### We also offer...

- HypnoBirthing
- Breast Feeding Support
- Weaning Support
- Tot's Talking
- Baby Massage

## OUR COURSES...

### Solihull Approach

Ideal for early pregnancy. A six week course, with a weekly session running for 2 hours. Open to all expectant parents, birth partners and family members.

#### The course aims to help expectant parents:

- Think about support that will be helpful throughout pregnancy and birth
- Get to know their baby
- Understand how their baby is developing in the womb
- Get to know their baby through labour, birth and beyond
- Understand information about feeding and the positive aspects of breastfeeding
- Understand the importance of their emotional relationship with their baby

### Parent Craft

An opportunity for expectant parents to discuss and apply the practical side of parenting.

#### This will run over 3 sessions, which will include:

- Breastfeeding
- Bathing and nappy changing
- Sleeping
- Dressing baby
- Essential and non essential equipment



### Real Birth Workshop

This programme is designed to help promote a positive birth experience, irrespective of birthing choices. Mainly, it's about having fun and encouraging women to take control of their birthing experiences. Providing insight into the birthing process as a normal function of the human body.

#### Run over 3 days. The sessions will cover:

- What is real birth
- Skin to skin
- Your placenta
- Perineal changes
- Second stage of birth
- Physical signs of birth
- Your pelvis
- Birthing positions
- Birth wishes
- Your uterus
- Hormones and birth
- Massage, water and breathing for birth

For more information, visit:

[www.therealbirthworkshop.co.uk](http://www.therealbirthworkshop.co.uk)