

Our Groups

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

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: hayley@homestart-westsomerset.org.uk
T: 01643 707304

Baby Massage

Discover the amazing benefits of baby massage led by our certified International Association of Infant Massage (IAIM) instructor

Local Bump-Start Co-ordinator: Theresa Finglass
E: theresa@homestart-westsomerset.org.uk
T: 01643 707304

Baby and Brunch Club

A social group for parents with babies 0-12 months. Baby facilities, WiFi and tasty noms!

For more information, please text Hayley Williams on 07483 123653



Babies Cry – You Can Cope

Crying is one of the many ways your baby communicates and it's an opportunity to think about what their behaviour is telling you...

I – Infant crying is normal

C – Comforting methods can help

O – It's OK to walk away

N – Never, ever shake a baby

Speak to someone if you need support such as your family, friends, peer supporter, Midwife, GP or Health Visitor



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

Facebook: [homestartwestsomerset](https://www.facebook.com/homestartwestsomerset)

Instagram: [homestartws](https://www.instagram.com/homestartws)

Bump-Start Lead Coordinator: Debbie Roger

Bump-Start Coordinator: Theresa Finglass

E: theresa@homestart-westsomerset.org.uk

T: 01643 707304 M: 07342 237876

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bumpstart®

Support through
pregnancy, birth
and beyond



Offering support to
all expectant parents
across Somerset



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 antenatal workshops, 1:1 encouragement and postnatal baby groups; all delivered by our friendly coordinators.



Antenatal 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.

These 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

Our Courses

Baby Massage

Discover the amazing benefits of baby massage.

Led by our certified International Association of Infant Massage (IAIM) instructor.

Benefits of baby massage:

- Helps your baby relax
- Regulates sleep patterns
- Enhances bonding relationships
- Reduces stress levels
- Boosts the immune system
- Relieves wind and constipation

Parent Craft

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

These sessions will include:

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

Support we offer...

- Breastfeeding Support
- Weaning Support



Solihull Approach

Ideal for early pregnancy.

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