

## OUR GROUPS

### Home-Start

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

Senior Family Support Coordinator: Clare Pound  
E: [manager@homestart-westsomerset.org.uk](mailto:manager@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](mailto:hayley@homestart-westsomerset.org.uk)  
M: 07483 123653

### 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](mailto:theresa@homestart-westsomerset.org.uk)  
M: 07342 237876

### Baby & Brunch Club

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

For more information, please contact Hayley Williams  
E: [hayley@homestart-westsomerset.org.uk](mailto:hayley@homestart-westsomerset.org.uk)  
M: 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

# Bumpstart®

Support through pregnancy, birth and beyond



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 Co-ordinator

E: [admin@homestart-westsomerset.org.uk](mailto:admin@homestart-westsomerset.org.uk)

T: 01643 707304 M: 07342 237876

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Offering support to all expectant parents across Somerset



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



## ABOUT US

### Prepare for the excitement and challenges of a new baby.

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 expectant parents 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](http://www.therealbirthworkshop.co.uk)

## OUR COURSES

### Post-Natal Drop In Group

*A safe space to come and join other new parents to share experiences / tips and meet new people.*

#### These sessions include:

- Wellbeing – emotional support
- Sharing birthing journeys
- Making friends
- Time to listen and be heard
- Infant feeding

### Bringing Home Baby

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

Our Bringing Home Baby sessions are tailored to answer the questions expectant parents have about life with baby once they come home from hospital.

#### These topics include:

- Bathing babies
- Nappy changing
- Infant feeding
- Essential and non-essential equipment
- Dressing baby for the weather (often tricky in the UK!).
- Safer Sleep (you can refer to the Lullaby Trust for useful information on safe sleep practices).
- Baby Wearing – looking at the different slings and wraps available and what the benefits are of wearing our babies with us (it's more than just having two arms free!).

Bringing Home Baby offers peer support and the opportunity for families to share their tips, ideas and any concerns they have with regard to the practical sides of looking after a baby.



### 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

“ *It was so lovely to go through the whole birth journey, from antenatal to baby massage, it's so relaxed and has given us all lots of confidence.* ”

“ *It was such a safe space to open up and talk to other mums!* ”

- Parent feedback