

Bump to Baby Classes

This 4 week course will take you from your first scan through to post-natal. Relevant information and advice will be given with a chance to meet professionals and other new parents alike.

To book, please contact your Family Hub.

Week 1 (from 24 weeks): Growth and development of baby, parents hopes and concerns, paternal rights and responsibilities, developing relationships with baby.

Week 2 (from 24 weeks): Ideas and expectations about labour, birth and birthing partners.

Week 3 (from 24 weeks): Baby's first days, practical skills to care for your baby, feeding issues and support.

Week 4 (from 24 weeks): Baby's immunisations, how babies communicate, bonding with baby after birth.

Please see reverse for dates and times.



East Marsh 200 Victor Street DN32 7QB Tel: 01472 326860	Nunsthorpe and Bradley Park Sutcliffe Avenue DN33 1AN Tel: 01472 326600	Scartho Mendip Avenue. DN33 3AE Tel: 01472 324280
Highgate @Reynolds Machray Place DN35 7LJ Tel: 01472 324902	Queensway Binbrook Way DN37 9AS Tel: 01472 325737	West Marsh Macaulay Street. DN31 2ES Tel: 01472 326810
Immingham Margaret Street DN40 1LD Tel: 01469 514848	Reynolds Machray Place DN35 7LJ Tel: 01472 324902	Hospital Ask your midwife

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Bump to Baby Classes 2018

Month	Week	Nunsthorpe Wed 1-3 pm	Scartho Wed 3-5 pm	West Marsh Tues 1-3 pm	Immingham 9.30 - 11.30 am Tues	Queensway 9.30 - 11.30 am Wed	Reynolds Tues 3-5 pm	East Marsh Thurs 1-3 pm	Highgate @ Reynolds Thurs 3-5 pm	Hospital Thurs 9.30- 11.30 am
Jan	3		10					11		
	4		17					18		
Feb	1	7	7	6	6	7	6	8	8	8
	2	14	14	13	13	14	13	15	15	15
	3	21	21	20	20	21	20	22	22	22
	4	28	28	27	27	28	27	1 Mar	1 Mar	1 Mar
Mar	1	7	7	6	6	7	6	8	8	8
	2	14	14	13	13	14	13	15	15	15
	3	21	21	20	20	21	20	22	22	22
	4	28	28	27	27	28	27	27	27	27
Apr	1	4	4	3	3	4	3	5	5	5
	2	11	11	10	10	11	10	12	12	12
	3	18	18	17	17	18	17	19	19	19
	4	25	25	24	24	25	24	26	26	26
May	1	9	9	8	8	9	8	10	10	10
	2	16	16	15	15	16	15	17	17	17
	3	23	23	22	22	23	22	24	24	24
	4	30	30	29	29	30	29	31	31	31
Jun	1	6	6	5	5	6	5	7	7	7
	2	13	13	12	12	13	12	14	14	14
	3	20	20	19	19	20	19	21	21	21
	4	27	27	26	26	27	26	28	28	28
Jul	1	4	4	3	3	4	3	5	2	5
	2	11	11	10	10	11	10	12	12	12
	3	18	18	17	17	18	17	19	19	19
	4	25	25	24	24	25	24	26	26	26
Aug	1	8	8	7	7	8	7	9	9	9
	2	15	15	14	14	15	14	16	16	16
	3	22	22	21	21	22	21	23	23	23
	4	29	29	28	28	29	28	30	30	30
Sept	1	5	5	4	4	5	4	6	6	6
	2	12	12	11	11	12	11	13	13	13
	3	19	19	18	18	19	18	20	20	20
	4	26	26	25	25	26	25	27	27	27
Oct	1	3	3	2	2	3	2	4	4	4
	2	10	10	9	9	10	9	11	11	11
	3	17	17	16	16	17	16	18	18	18
	4	24	24	23	23	24	23	25	25	25
Nov	1	31 Oct	31 Oct	30 Oct	30 Oct	31 Oct	30 Oct	1	1	1
	2	7	7	6	6	6	6	8	8	8
	3	14	14	13	13	13	13	15	15	15
	4	21	21	20	20	20	20	22	22	22
Dec	1	28 Nov	28 Nov	27 Nov	27 Nov	28 Nov	27 Nov	29 Nov	29 Nov	29 Nov
	2	5	5	4	4	4	4	6	6	6
	3	12	12	11	11	12	11	13	13	13
	4	19	19	18	18	19	18	20	20	20

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Jan	3		10					11		
	4		17					18		
Feb	1	7	7	6	6	7	6	8	8	8
	2	14	14	13	13	14	13	15	15	15
	3	21	21	20	20	21	20	22	22	22
	4	28	28	27	27	28	27	1 Mar	1 Mar	1 Mar
Mar	1	7	7	6	6	7	6	8	8	8
	2	14	14	13	13	14	13	15	15	15
	3	21	21	20	20	21	20	22	22	22
	4	28	28	27	27	28	27	27	27	27
Apr	1	4	4	3	3	4	3	5	5	5
	2	11	11	10	10	11	10	12	12	12
	3	18	18	17	17	18	17	19	19	19
	4	25	25	24	24	25	24	26	26	26
May	1	9	9	8	8	9	8	10	10	10
	2	16	16	15	15	16	15	17	17	17
	3	23	23	22	22	23	22	24	24	24
	4	30	30	29	29	30	29	31	31	31
Jun	1	6	6	5	5	6	5	7	7	7
	2	13	13	12	12	13	12	14	14	14
	3	20	20	19	19	20	19	21	21	21
	4	27	27	26	26	27	26	28	28	28
Jul	1	4	4	3	3	4	3	5	2	5
	2	11	11	10	10	11	10	12	12	12
	3	18	18	17	17	18	17	19	19	19
	4	25	25	24	24	25	24	26	26	26
Aug	1	8	8	7	7	8	7	9	9	9
	2	15	15	14	14	15	14	16	16	16
	3	22	22	21	21	22	21	23	23	23
	4	29	29	28	28	29	28	30	30	30
Sept	1	5	5	4	4	5	4	6	6	6
	2	12	12	11	11	12	11	13	13	13
	3	19	19	18	18	19	18	20	20	20
	4	26	26	25	25	26	25	27	27	27
Oct	1	3	3	2	2	3	2	4	4	4
	2	10	10	9	9	10	9	11	11	11
	3	17	17	16	16	17	16	18	18	18
	4	24	24	23	23	24	23	25	25	25
Nov	1	31 Oct	31 Oct	30 Oct	30 Oct	31 Oct	30 Oct	1	1	1
	2	7	7	6	6	6	6	8	8	8
	3	14	14	13	13	13	13	15	15	15
	4	21	21	20	20	20	20	22	22	22
Dec	1	28 Nov	28 Nov	27 Nov	27 Nov	28 Nov	27 Nov	29 Nov	29 Nov	29 Nov
	2	5	5	4	4	4	4	6	6	6
	3	12	12	11	11	12	11	13	13	13
	4	19	19	18	18	19	18	20	20	20