**7th Oct Conference Workshop 1 report and follow up on the early years High Impact area 1; Transition to Parenthood**

<https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/326890/Early_Years_Impact_1.pdf>

Delivered by Nikki Burton, Children’s Centre Midwife from Luton.

Bump2Babe is a universal comprehensive multi-agency, 5 week antenatal programme. Delivered to expectant mums and their partners in the Children's Centre; designed to support parents in their transition into parenthood, whilst engaging them and their families with Children Centres along with the services and resources available to them.

Each week of the programme has a theme and is delivered by the professional best suited to support the discussion and learning of that session. Leaflets and support materials are made available to attendees to encourage further reading and to ensure that key messages are given to expectant parents. The programme is designed to suit different learning styles and to make the sessions interactive in order that peer relationships can develop. Our programme is evidence based and reflects the latest research finding in neuroscience relating to infant brain development and the importance of early loving and close relationships between babies and their parents. In addition to reflecting key messages relating to the six high impact areas of the Healthy Child Program we aim to ensure that our B2B program works towards improving the health, social and emotional outcomes for babies and their families in Luton.

Further information can be found at the following sites

[www.your-baby.org.uk](http://www.your-baby.org.uk)  
[www.lutonantenatal](http://www.lutonantenatal)[support.co.uk](http://support.co.uk)  
[www.gov.uk/government/publications/preparation-for-birth-and-beyond-a-resource-pack-for-leaders-of-community-groups-and-activities](http://www.gov.uk/government/publications/preparation-for-birth-and-beyond-a-resource-pack-for-leaders-of-community-groups-and-activities)  
[www.unicef.org.uk](http://www.unicef.org.uk)

In addition the following information is available to HVs

to promote attachment

<http://www.ihv.org.uk/uploads/04%20GPP_%20Healthy%20Attachment.pdf>

engaging with fathers:

<http://www.ihv.org.uk/uploads/24%20GPP_Engaging%20with%20Fathers_V4.pdf>

promoting breastfeeding antenatally:

<http://www.ihv.org.uk/uploads/01%20GPP_antenatal%20BF.pdf>

iHV provided Infant Mental Health Trainer training :

<http://www.ihv.org.uk/news_events/internal_events/26/Infant%20Mental%20Health%20Champion%20training>