Better Start BRADFORD 2015-2025

SHARING KNOWLEDGE, SHAPING FUTURES

Happy Mum, Happy Bump

Wellbeing in Pregnancy

Caring for You...Caring for Baby

Stay connected...

Spending time with people who listen and care brings comfort and reassurance.

Share how you are feeling with friends, family or other parents-to-be. You might be surprised how many thoughts and feelings you have in common.

It's okay to ask for help!

Pregnancy brings many changes, emotionally and physically. Some days will be joyful, others tiring or emotional.

You are not alone

If you have too many worries and burdens, speak to your midwife, GP or look at the FYI Bradford website for local support.

Scan here for more information

Body, bump, mind and nature

Getting out and about, especially in nature, is great for you and your baby.

Walking, stretching, or pregnancy-friendly exercise can lift your mood.

Our **Better Place** project has improved lots of outdoor spaces across the Better Start Bradford area for expectant parents and families with 0-3s to enjoy

Scan here for more information

Build your confidence

Feeling informed can help you feel calmer and more prepared for the birth of your baby.

Explore birthing options with your partner and your midwife:

- Be clear about your birth plan
- Attend antenatal classes
- Take a labour ward tour (stork walk)

Mums and Dads can speak to family, friends, community projects, volunteers, Family Hubs, Midwife, GP or Health visitor.

Since 2015, thanks to funding from the National Lottery Community Fund, Better Start Bradford has provided projects and services for expectant families and families with children aged 0-3 in Bowling and Barkerend, Bradford Moor and Little Horton, to help give children the best start in life.

We're now sharing what we found out to help others continue this crucial work.

Scan here to find out what's available for families across Bradford:

www.betterstartbradford.org.uk

COMMUNITY FUND

Baby WEEK BRADFORD

Baby Week Bradford is an annual campaign every November that celebrates the contribution of babies and their families make to the Bradford District.

Find out more about Bradford Baby Week here: