



FATHERS-TO-BE

Learning to ride the waves of pregnancy, birth and early fatherhood

Antenatal classes which address the **heart** of the transition to fatherhood and are complementary to NCT and other parentcraft classes.

- ◆ Today's fathers are participating more personally than ever before in the birth and upbringing of their children. This can have a strong impact on the family.
- ◆ Research has established the importance of a father's contribution in his children's early life.
- ◆ Practical and emotional fitness for the transition to fatherhood can be learned/awakened and is very useful.
- ◆ How healthcare professionals welcome fathers is significant to the whole family system.

Fathers-To-Be supports expectant and new dads through reinforcing their relationship with themselves, their partners, their babies, and the healthcare professionals caring for them.

Fathers-To-Be offers men effective preparation for fatherhood through practical education. Riding the waves of pregnancy, birth and early parenthood involves supporting a woman's rhythm while learning to maintain your own balance.

Saturday 18 October

1-4 PM

BRIGHTON

£25

(Includes Fathers-To-Be Handbook)

To book your place or an event, study day, consultation, parent coaching or to support the Fathers-To-Be Initiative contact us at:
01892 890614 / 0208 742 2956

info@fatherstobe.org

www.fatherstobe.org



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