

PARENT CRAFT

Programme Content

Parent Craft is a free Parenting programme available to all mams and dads who are parents-to-be.

Parent Craft is run by a team of midwives and gives advice on how to:

- Understand what to expect from their baby
- Bond with their baby
- Eat healthily before and after the birth
- Quit smoking

The programme will also give them a chance to:

- Meet the local health care professionals
- Find out about the services offered by Children's Centres
- Make friends with other parents-to-be

Access Pathways

The 'My Dad Matters in Sunderland' project engages male parents-to-be and supports them into accessing Parent Craft with their partner.

Parents-to-be can refer themselves or can be referred to the programme by contacting:

- The Family and Parenting Team on (0191) 443 2908
- Sunderland Royal Hospital on (0191) 565 6256
- Their local midwife

Next Steps for Parents

Once their child is born, parents can go on to access a Family Nurturing programme to address any issues that they have about creating a nurturing home for their child and making time for their partners and themselves.