

Calling all expectant mothers (20+ weeks pregnant) who live in Merthyr Tydfil!

We would love you to come along to our new group...

'Welcome to the World'

Antenatal Programme

Partners, including birthing partners are also welcome - this group is useful for everyone!



Welcome to the World is a nurturing programme that provides opportunities to discuss key topics in a safe, relaxed environment

Topics include:-



Your roots, traditions, hopes and fears for the future

The importance of bonding and attachment

The need to nurture ourselves

Understanding your baby's development – pregnancy and beyond

Changes during pregnancy and beyond

Your future as parents and as a family

Practical elements regarding birth, feeding, changing, bathing, sleeping and Midwife's question time too

Nurturing, friendly staff will be on hand to support and assist you on your journey

Free creche, transport and refreshments provided!

For further information please contact

01685 727401



At sylw pob mam feichiog (20+ wythnos yn feichiog) sy'n byw ym Merthyr Tudful!

Byddem wrth ein bodd petaech yn dod draw i'n grwp newydd...

'Croeso i'r Byd' Rhaglen Cyn Geni



Mae croeso hefyd i bartneriaid, gan gynnwys partneriaid geni - mae'r grwp hwn o fudd i bawb!

Mae Croeso i'r Byd yn rhaglen anogol sy'n darparu cyfleoedd i drafod pynciau allweddol mewn amgylchedd diogel, hamddenol

Mae'r pynciau'n cynnwys:-

THE CENTRE FOR
EMOTIONAL
HEALTH
HOME OF FAMILY LINKS

Eich gwreiddiau, traddodiadau, gobeithion ac ofnau ar gyfer y dyfodol

Pwysigrwydd bondio ac ymlyniad

Yr angen i feithrin ein hunain

Elfennau ymarferol yn ymwneud â genedigaeth, bwydo, newid, ymolchi, cysgu ac amser holi Bydwragedd hefyd

Deall datblygiad eich babi – beichiogrwydd a thu hwnt

Newidiadau yn ystod beichiogrwydd a thu hwnt

Eich dyfodol fel rhieni ac fel teulu

Bydd staff profiadol, cyfeillgar wrth law i'ch cefnogi a'ch cynorthwyo ar eich taith

Darperir creche, cludiant a lluniaeth am ddim!

Am ragor o wybodaeth cysylltwch â

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