

# PaRenTT

## Baby preparation course for medical and dental trainees

**Are you expecting a baby in Winter 2020?**

**Free course for expectant or adopting trainees to prepare  
for birth, baby and returning to work**

(Recommended for due dates Dec 2020 to Mar 2021. Partner/support person welcome.)

**Starting 19<sup>th</sup> October 2020**

**Virtual course via Zoom**

**Sessions 19:00-21:00**

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|-------------------------------------|--------------------|
| 1. Monday 19 <sup>th</sup> October  | Planning for birth |
| 2. Monday 26 <sup>th</sup> October  | Labour and birth   |
| 3. Monday 2 <sup>nd</sup> November  | Caring for baby    |
| 4. Monday 9 <sup>th</sup> November  | Parental wellbeing |
| 5. Monday 16 <sup>th</sup> November | Returning to work  |

**What do attendees say about the course?**

"Really great course tailored well to medics! Fantastically run and overall a really good experience"  
"Lovely atmosphere - questions always welcomed and answered thoughtfully"  
"It has really given me confidence, made me excited and feel more prepared for life with a newborn"

For full details and to book a place

[https://parentt\\_oct2020.eventbrite.co.uk](https://parentt_oct2020.eventbrite.co.uk)

(Partner/support person also welcome if you wish - please also register them on the Eventbrite form)



For queries or more information contact: [parentt321@gmail.com](mailto:parentt321@gmail.com)