



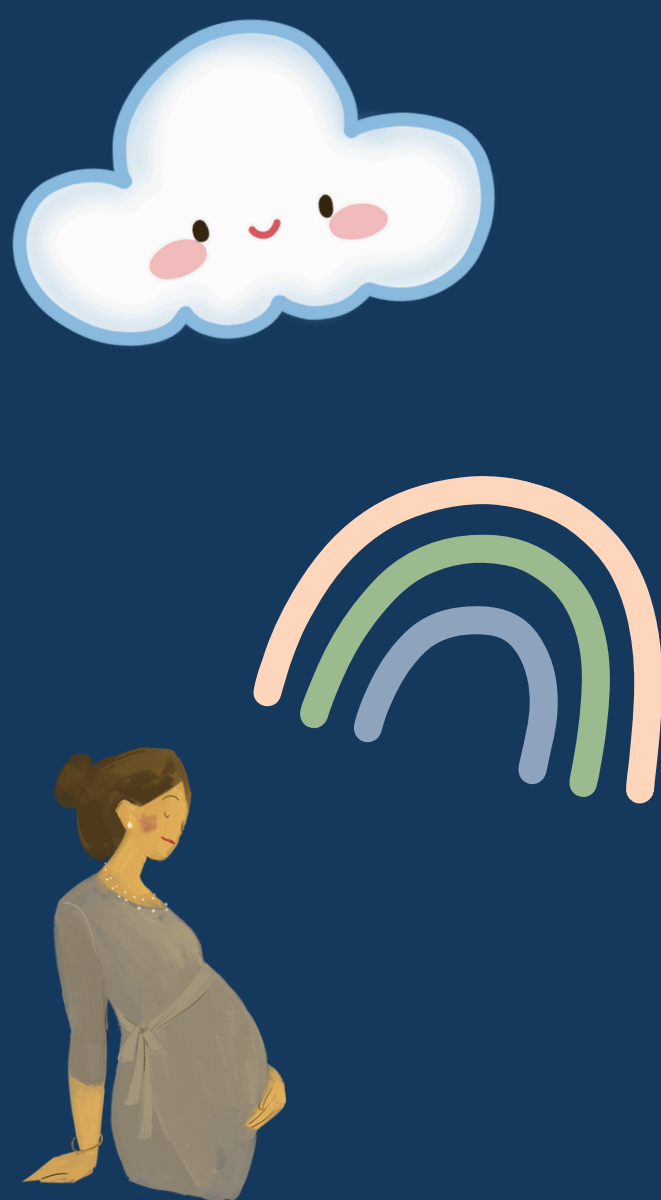
TIPS, ADVICE AND USEFUL RESOURCES



MATERNITY, PATERNITY, ADOPTION LEAVE



There are many resources that expecting parents have access to which will not only support you throughout your pregnancy but also support your baby's development.

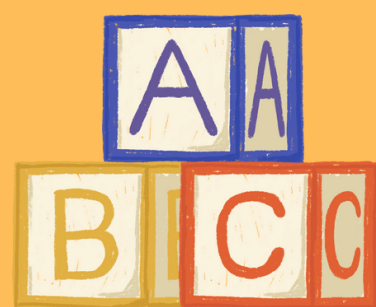


'WELCOME TO THE WORLD' PROGRAMME



At Merthyr we have an amazing opportunity for staff to attend our 'Welcome to the World' course between 20 – 30 weeks pregnant. This is a 5 week course broken down into 2 hours per week. The programme focuses on family wellbeing, nurturing baby, how to cope with a newborn, communicating with partner and baby and postnatal depression. For more information on this course please contact STEP on 01685 727401 or email parentsuport@merthyr.gov.uk

KIT DAYS - RETURNING TO WORK



Employees are allocated 1 x 0.5 KIT days to attend '**Little Stars**' or '**Let's Talk to your Baby**' programme.



The programmes focus on your baby's speech, language and communication skills. These programmes will guide you through from early interactions, initiating first sounds to hearing your baby's first words. For more information on this course please contact Merthyr.ELD@merthyr.gov.uk

HOW EVERY CHILD CAN THRIVE BY 5 - TED TALK



This Ted Talk explains the importance of supporting children's healthy brain development in their first 5 years.



https://www.ted.com/talks/molly_wright_how_every_child_can_thrive_by_five?delay=1m



BBC'S TINY HAPPY PEOPLE

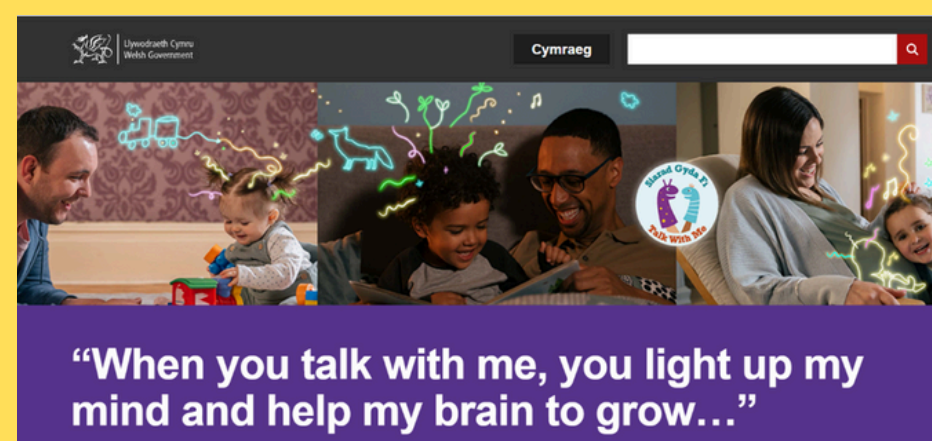
BBC's Tiny Happy People page provides useful tips and advice on bonding before birth and the benefits of talking to bump.



<https://www.bbc.co.uk/tiny-happy-people>



TALK WITH ME - WELSH GOVERNMENT



"When you talk with me, you light up my mind and help my brain to grow..."

Welsh Government also provide some amazing tips and advice on child development.

<https://www.gov.wales/talk-with-me>

