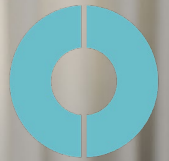


Me, You and Baby Too

an online course for new and expecting parents

FREE
online
course



Becoming parents can be wonderful and can also change your relationship with your partner. Tiredness and stress associated with being a new parent can lead to you and your partner misunderstanding each other. Me, You and Baby Too is a free online course, available to parents living in Cardiff and the Vale.

You will learn about:

- What babies pick up from you, even before they are born.
- Why stress should be a shared burden.
- How you and your partner can best support each other.
- How to talk to bring up difficult topics.
- How arguments start, and how to stop them.

To access this online course, you will need a smart device, such as a Mobile Phone, Tablet or Laptop and an internet connection. There is no charge to you to access the course; you will be asked to create a free account if you follow the link below.

If you live in Cardiff, please follow this link: <http://cardiff.opo.org.uk/>

If you live in the Vale, please follow this link: <http://vog.opo.org.uk/>

- The course is online and you can go through it at your own pace.
- You can do it all in one go or come back to it later.
- We recommend doing this when you have time and space to reflect and it will take about 40 minutes to complete.
- This is for new and expecting parents living in Cardiff and the Vale.



Llywodraeth Cymru
Welsh Government



Gwasanaeth Rhianta Bro
Vale Parenting Service
Cethnogi teuluoedd i gytawni mwy
Supporting families to achieve more



VALE of GLAMORGAN
BRO MORGANNWG

