

# Newry SureStart

## Online Antenatal e-Learning

Are you or your partner pregnant and living in the Newry City Area? Let us support you through your pregnancy and beyond with FREE services for you and your Family.

Newry Surestart understand that Antenatal parents may be unable to make hospital appointments during this Covid 19 and we want to share some exciting news. Newry Surestart want to support all Antenatal Parents in having the most 'Positive Birth Experience' and we believe this online platform will offer you support and peace of mind throughout and post pregnancy.

Newry Surestart are working alongside 'The Real Birth Programme' and we can now offer all our Registered Antenatal Parents a Free 4 ½ hour Antenatal Digital online programme. This programme is available in four different languages; English, Welsh, Polish and Urdu. We are offering this FREE to all First Time Antenatal parents that are or can register with Newry Surestart.

### Topics: Skin to Skin

- How your baby adjusts to Birth
- Preparing Birth environments
- Induction of Labour
- Understanding your pelvis
- Massage techniques
- And so much more!



## What you now need to do

1. Get Registered - Live in the Newry City area, be an expectant parent or with a child under 4 years.
2. Contact Outreach to arrange the Registration. (See numbers below)
3. Once registered we can offer you your unique code to Login onto Antenatal Digital Programme.
4. You can access this programme postnatal also. The Code is unique to you alone!

Ring us to find out more information  
Outreach Team contacts

**Elaine Fearon 07885 208390 / Denice Nixon 07885 208393**



Department of  
**Education**  
[www.deni.gov.uk](http://www.deni.gov.uk)



# Newry SureStart

## Antenatal Services

Initial Home Visit and Free Registration

Antenatal YOGA classes

Antenatal Workshops including - Baby Mindfulness, Packing Your Hospital Bag, Questions and Answers about Breastfeeding, Benefits advice, Back to Work and much more.

Pre-Natal Breast Feeding support

Bumps and Babies Weekly group

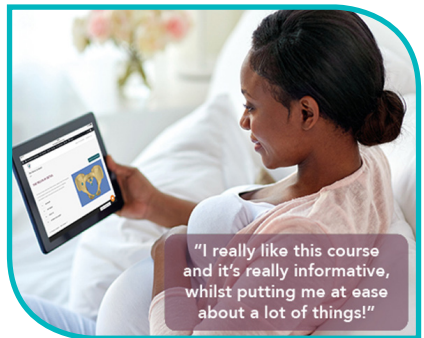
1:1 Advice on all parenting topics at our programmes or through an arranged home visit or telephone call.

Paediatric First Aid accredited Training - Get prepared for Baby, child proofing home.

## Digital Antenatal Education

Available in English, Welsh, Polish & Urdu  
[www.therealbirthcompanyltd.com](http://www.therealbirthcompanyltd.com)

- Language & the role of media
- Optimal cord clamping
- Delayed cord clamping
- Hormones and the uterus muscle
- Understanding your pelvis



Denice Nixon is our Outreach Antenatal Worker and can be contacted on 07885 208393 to answer any queries you may have about getting Registered and will offer support and signpost parents where appropriate.

