



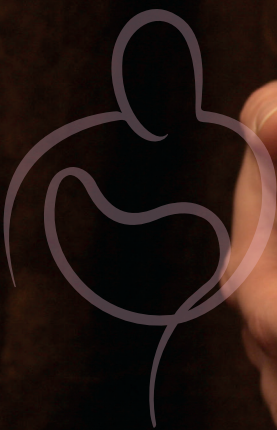
bumptobaby &beyond

We know pregnancy is an exciting time but it can also be overwhelming

Supporting you
in your pregnancy

Helping provide the
best possible future
for your baby

- Personalised care
- Someone to listen
- Friendship and support
- Help with appointments
- Emotional support
- Advice on how to keep your baby safe in the home



- **Mums-to-be** from your 2nd & 3rd trimester through to your child's infancy

Child 
Dynamix



**bumptobaby
& beyond**

Who is this for?

- Mums-to-be from your 2nd & 3rd trimester through to your child's infancy

How we can support you

We can offer you:

- friendly individual support
- support - in friendly groups
- baby workshops and massage
- understanding what to expect and when
- someone to listen
- meet and make friends



To join us or to
find out more:

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The Sylvia Adams
Charitable Trust

**Child
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