

Online NHS antenatal course for parents-to-be and everyone around you*

FREE during COVID-19 restrictions for parents, grandparents and carers across the UNITED KINGDOM

Written by NHS midwives, health visitors and clinical psychologists

*Includes professional translations in Urdu and Welsh.
Google Translate available for more languages.
Women couples' version also available.



NHS



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UNDERSTANDING YOUR CHILD

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For technical support contact
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