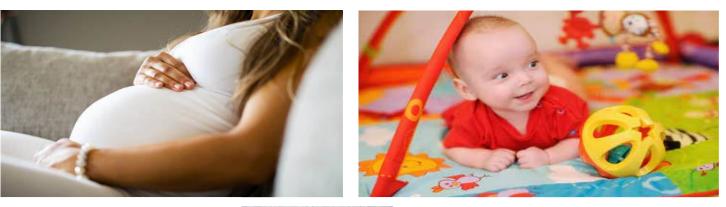
## **FREE Antenatal Peep**

Are you expecting a baby?

Would you like to join our Lifelong Learning Antenatal Peep sessions, in Dumfries & Galloway?

The aim of the sessions is to support parents to give their baby the best possible start in life.

For more information please contact: Upper Nithsdale: Maryann.Riddell@dumgal.gov.uk Dumfries: Kirsty.McDonald@dumgal.gov.uk Castle Douglas/Dalbeattie: Kirsty.Tomlin@dumgal.gov.uk Newton Stewart/ Whithorn/ Stranraer -Susan.Brown@dumgal.gov.uk









At the sessions we will be discussing topics such as:

- How life might change once baby arrives
- Your baby's developing brain
- How babies communicate
- Getting to know your baby and more...

The sessions will be fun and informal and will give you the chance to meet other expectant, or new parents.



Lifelong Learning, @DgcLearning **Dumfries & Galloway Council** 







