

# FREE Antenatal Peep

Are you expecting a baby?

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

**peep** supporting parents and children to learn together

**Lifelong Learning Service**

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](mailto:Maryann.Riddell@dumgal.gov.uk)

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**Castle Douglas/Dalbeattie:** [Kirsty.Tomlin@dumgal.gov.uk](mailto:Kirsty.Tomlin@dumgal.gov.uk)

**Newton Stewart/ Whithorn/ Stranraer -**

**[Susan.Brown@dumgal.gov.uk](mailto: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

Dumfries  
& Galloway

