

TOGETHERNESS

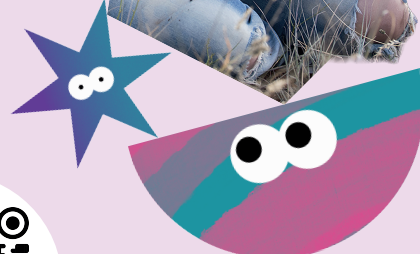


Understanding pregnancy, labour, birth and your baby

Midwifery-led online antenatal pathway available to support emotional health

- Get to know and bond with your baby before birth
- Build confidence in preparing for the stages of labour and making birth choices
- Find tools for relaxation and helping stay calm
- Access a tailored pathway for women couples

togetherness.co.uk/enfield



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