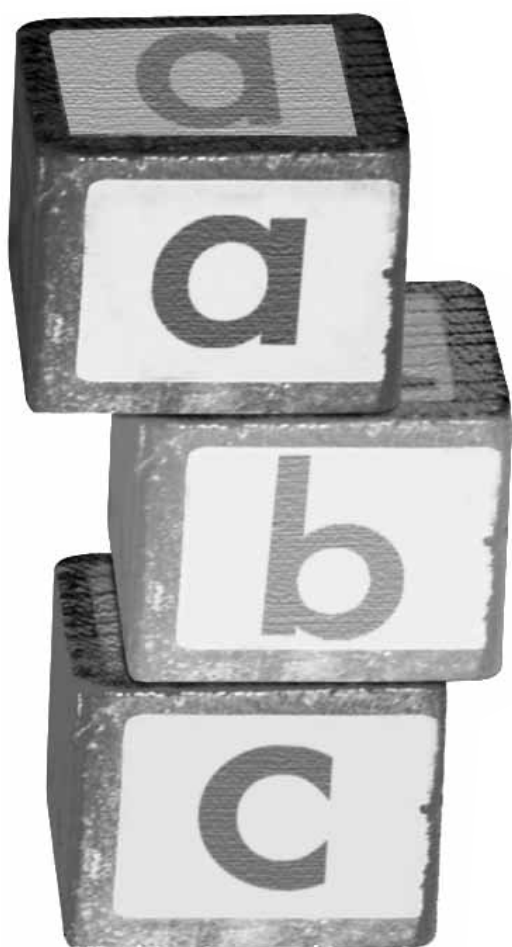


Are you aged 16-18? Have you recently had a child or are you expecting a baby soon?



Even though you are now a parent or about to become one, don't forget about your own future. Learning is still important - even if you aren't working now you may want to get a job in time and qualifications mean you will earn more. So if you or your partner has had a baby or if you are expecting soon, these free courses are ideal.

How can we help?

We have a new range of free courses that are designed to help new parents with skills such as common illnesses, understanding child development or first aid. We also offer courses to help you develop as a person such as independent living skills or managing your finances.

These courses are helpful, fun and relaxed and a great way for you to meet other parents at the same stage as you.

Your baby's future is important, but so is yours. Help your baby and help yourself by enrolling on a Young Parents to Be course.

Financial help

If money is an issue, there may be help available. You may qualify for the Education Maintenance Allowance - ring the EMA Helpline on **080 810 16 2 19** for more details.

There is also Care to Learn which can help with your childcare costs while you learn. For information contact the Care to Learn helpline on **0845 600 2809**.



Course Title

The Baby & Me Programme

Start Date 4th February 2008

End Date 24th April 2008

Duration 10 weeks

No. of hours per week 16 hours

Times 3 days per week
Tuesday, Wednesday and Thursday
10:00am - 2:30pm with lunch break

Where 38 Park Place, Stevenage Herts, SG1 1DP.

What **Course syllabus includes;**
Healthy eating, conception, exercise, ailments, equipment and safety, antenatal, labour and postnatal feeding, rest and sleep.
Life skills:
Cooking, ironing, budgeting, birth control, practical care/tasks, basic first aid, beauty therapy sessions, literacy and numeracy qualifications, swimming/exercise.
Outside speakers:
Domestic violence, antenatal sessions, benefit advice and guidance.

Qualifications included? ASDAN Level Up.
Literacy and Numeracy EdExcel qualifications.
Internal certification of pre-parenting syllabus.

Any additional information? Learners will be diagnostically tested on their literacy and numeracy levels and their preferred learning style.
Learners will receive expert advice and guidance on benefits, birth control, domestic violence, drug awareness etc.

Who to contact for further information? Kim Speer
Telephone: 01438 726111
Email: k.speer@eys.org.uk
Website: www.eys.org.uk
