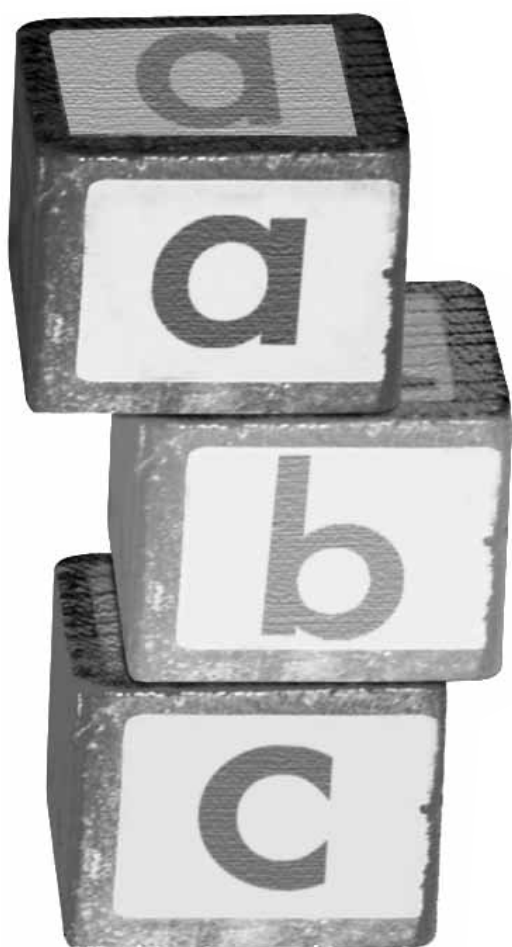


Are you aged 16-18? Have you recently had a child or are you expecting a baby soon?



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

All about you and your child

Start Date 18th March intro day, 8th April first full week.

End Date 20th June

Duration 10 weeks

No. of hours per week 16 hours

Times 3 days per week
Tuesday, Thursday, Friday
9.00am - 2:45pm

Where Grovehill Community Centre, Hemel Hempstead.

What This course will include the following:
Pregnancy; labour; healthy eating for you and your child;
eating on a budget; how to find your way around the benefits
system; the healthy child; basic first aid and recognition of
common childhood illnesses; embedded adult literacy.
Further career advice.

We will include picnic trips to the park; swimming and a
photographic activities competition of all the students work.

Qualifications included? Adult literacy qualification.
Unit from child care qualification.

Any additional information? If you want to know more about child care in general or are
thinking of a career in child care, this is the course for you!

**Who to contact for
further information?** Maureen Daly or Rachel Holden
Telephone: 01923 812080
Email: Maureen.Daly@westherts.ac.uk
Website: www.westherts.ac.uk

Childcare Childcare facilities are available.
