

# Me, You and Baby Too

## A **FREE** online course for new and expectant parents

The loving, nurturing environment that gives babies the best possible start in life begins with the relationship between their parents.

Having a baby can be an exciting time, but it may also change the relationship you have with your partner. In the early days, you're both likely to be tired and stressed about the new responsibilities of parenthood. It's all perfectly normal.

**Me, You and Baby Too** helps you understand what to expect when you bring a new baby home, and how you and your partner can navigate the challenges of early parenthood together.

Simply visit [www.oneplusone.org.uk/parents](http://www.oneplusone.org.uk/parents) or scan the QR code to create your *Getting on Better* account and get started.



### You will learn:

- What your baby picks up from you, even before they are born.
- How to bring up difficult topics with your partner.
- How arguments start – and how to stop them.
- How to share stress and support each other as a team.

This online course is **FREE** and you can complete it at your own pace.

