



A FREE online course for new and expectant parents.

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

Having a baby is exciting but it can also be stressful, changing the relationship you have with your partner. That's perfectly normal.

Me, You and Baby Too helps you prepare for life with your baby, and navigate early parenthood together.



**Me, You
and Baby
Too**

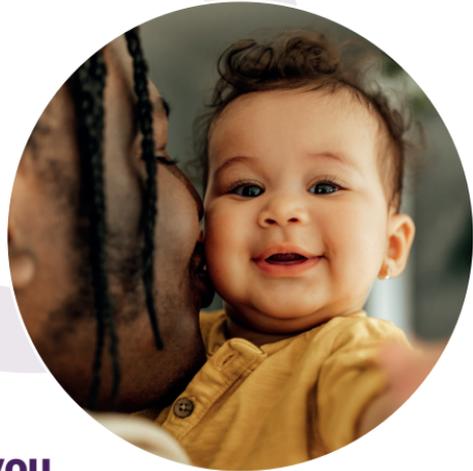
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What you'll learn:

- 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.

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

