



Preparation for Parenthood Support Officer

Working with families during the antenatal
and postnatal period for up to 8 weeks

What can we do for you?

- **Breastfeeding support- advice and support positioning and attaching baby on the breast.**
- **Signposting and referrals to services i.e baby massage, sleep support, groups both open and closed, housing support, fire services, food banks, obtaining a baby bundle etc.**
- **Preparing for the baby`s arrival- Packing a hospital bag, preparing for breast feeding, demonstrating and/or discussing sterilising and making up bottles, bathing a baby, sleep safety.**
- **Supporting parents during anxious periods and helping overcome barriers.**
- **Supporting and promoting independence through accompanying you to groups, bathing baby for the first time, going out for a walk or anything big or small you might need a friendly face to do so.**

If you should need support with any of the matters listed or something similar, please feel free to contact me directly or through your midwife to arrange a home visit or telephone call.

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Tim Integreiddio'r Blynyddoedd Cynnar - Early Years Integration Team
Neuadd y Gwendraeth, Drefach, Llanelli, SA14 7AB



Ymwelwch: fis.carmarthenshire.gov.wales/early-years-integration-team
Visit: fis.carmarthenshire.gov.wales/early-years-integration-team



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Mae croeso i chi gysylltu â ni yn Gymraeg neu Saesneg
You are welcome to contact us in Welsh or English



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Cyngor Sir Gâr
Carmarthenshire
County Council