

Cwtches & Kicks

Antenatal Group



at Trimsaran Flying Start Children's Centre



Starting: Monday 12th January

Time: 11 AM - 12 PM

Join us for a friendly and welcoming antenatal group where you can connect with other parents-to-be and share your journey.

Feel free to bring along family, friends, or anyone who helps you feel supported.

What we'll cover:

- ✓ Preparing your hospital bag
- ✓ Infant feeding
- ✓ Soothing a crying baby
- ✓ What to expect during labour

A safe space for questions, support, and community.
Refreshments provided



For more information contact

Luisa on 07813 393648

or Sara on 07813 393659

We can't wait to welcome you!



Cwtsh a Chiciau

Grŵp Cynenedigol



yng Nghanolfan Dechrau'n Deg Plant Trimsaran



Yn dechrau: Dydd Llun 12fed Ionawr

Amser: 11 AM – 12 PM

Ymunwch â ni am grŵp cynenedigol cyfeillgar a chroesawgar lle gallwch gysylltu â rhieni-to eraill a rhannu eich taith. Mae croeso i chi ddod â theulu, ffrindiau, neu unrhyw un sy'n eich helpu i deimlo eich bod yn cael eich cefnogi.

Beth fyddwn ni'n trafod:

- ✓ Paratoi eich bag ysbyty
- ✓ Bwydo babanod
- ✓ Lleddfu babi sy'n crio
- ✓ Beth i'w ddisgwyl yn ystod llafur

Lle diogel ar gyfer cwestiynau, cefnogaeth a chymuned. Lluniaeth ar gael



Am ragor o wybodaeth cysylltwch â

Luisa ar 07813 393648

neu Sara ar 07813 393659

Rydym yn edrych ymlaen at eich croesawu!

