



Kent Community Health
NHS Foundation Trust



**Ready
for baby**

Ready for baby is a free session for parents-to-be.

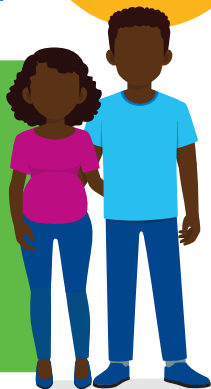
Supporting you to:

- develop a close relationship with your baby
- feed your baby responsively, however you choose to feed them
- know when feeding is going well.

Expert NHS advice: Sessions are led by your local health visiting team.

Find out more about:

- feeding cues
- skin-to-skin
- feeding choices
- what's in a nappy
- responding to baby
- baby brain development.



Find out more and how to book your place at Kent Baby or ask your health visitor.

