

# Somerset Pre-Birth Workbook



The **Somerset Pre-Birth Workbook** is a collection of resources that have been put together as modules to help you and the professionals you may be working with ie: your social worker, midwife, health visitor or other support worker, to talk about you and your baby. It will help the professionals in your life to have a shared understanding of your strengths as a new parent/carer, identify the areas you may find more difficult and need support, and ensure that you do not have to keep repeating information.

The workbook is divided up into three sections: **(1) Getting Started**, **(2) Learning about the impact of parenting behaviours**, and **(3) Learning about your baby**. Each section contains modules which are a mixture of written information, links to web-based learning (including online videos to watch), interactive exercises and activities, and models that focus on a different aspect of parenting/family life. You and the professional you are working with can select appropriate modules and topics to work through together depending on your situation and the support that you need.

These resources are not intended to take the place of work your family may be undertaking with specialist counsellors, independent domestic violence advisors or drugs counsellors, these modules are intended to be part of and compliment this work.

By the end of the workbook, we want you to feel more confident in your understanding of the impact that parenting difficulties can have on your baby now and into the future. We also hope that the modules will have helped you to develop tools to use when things feel difficult and know where to go for support should you need it.

**Please note** - if you do not have access to the internet don't worry as the professional you are working with will be there to support with some of these aspects.