

# ME, YOU AND BABY TOO

Having a baby can be an exciting time but it's also one of the biggest changes you and your partner are likely to go through...

- You'll both be tired and stressed, and you may argue more.

This is a FREE package for parents who are still in a relationship with each other, during pregnancy or in the first 12 months of their child's life.

You will explore:

- What your baby picks up, even before they are born
- Why stress should be a shared burden
- How you and your partner can support each other
- How to talk to bring up difficult topics
- How arguments start, and how to stop them



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