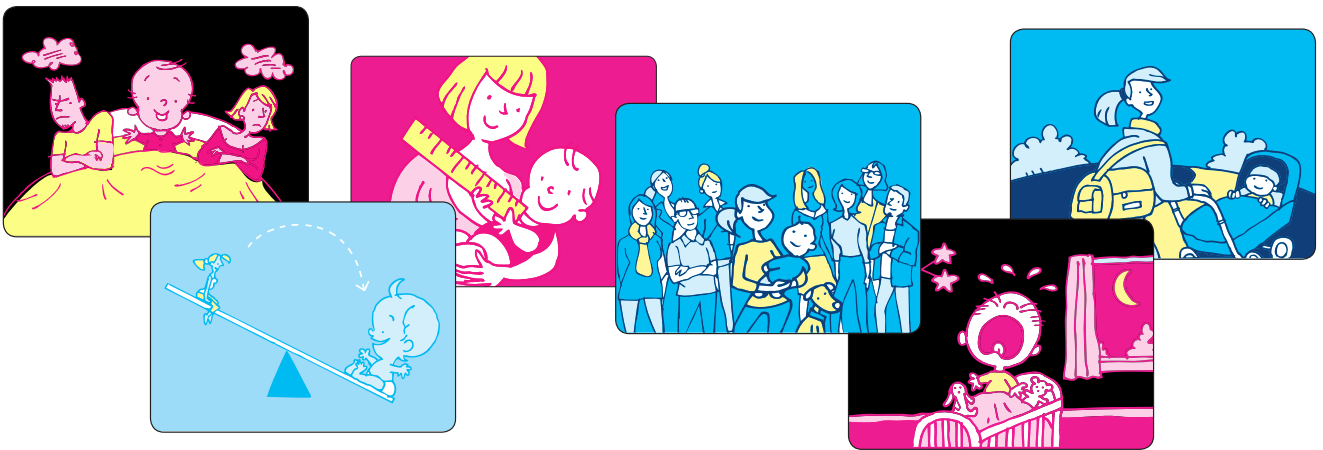
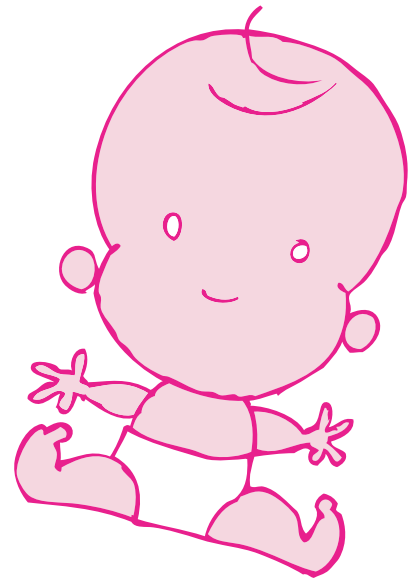
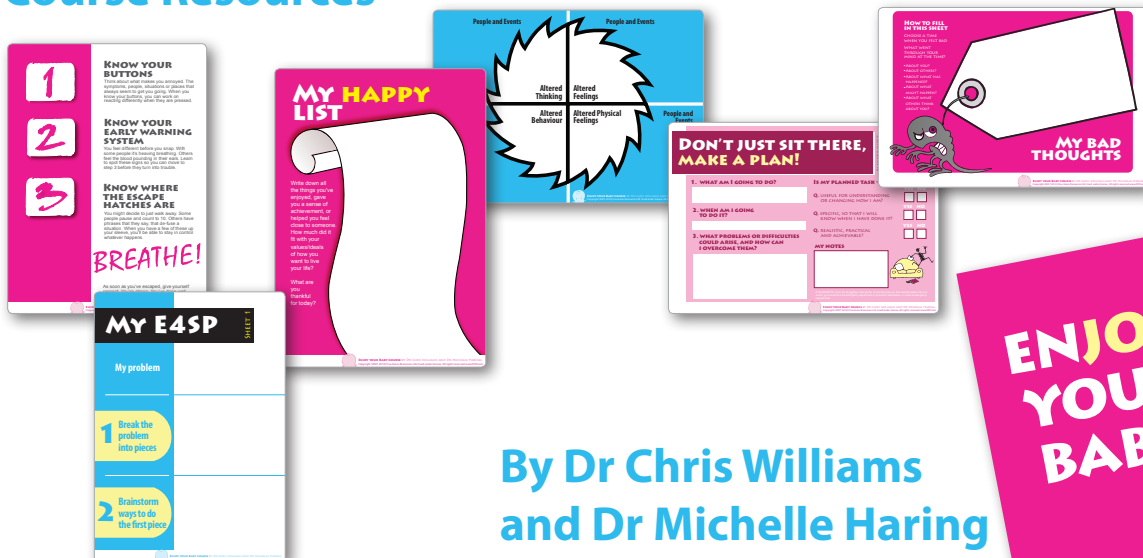


# ENJOY YOUR BABY CLASSES

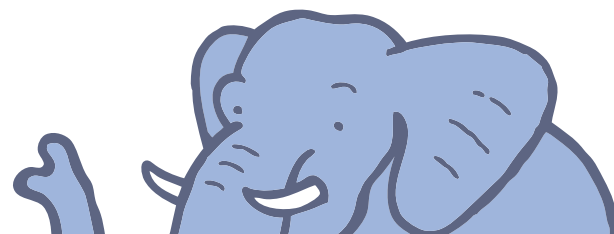
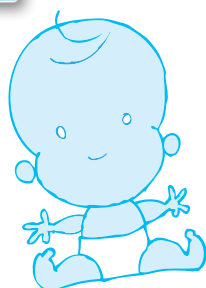


## Course Resources



By Dr Chris Williams  
and Dr Michelle Haring

We gratefully acknowledge the support of the Canadian Mental Health Association in helping fund the development of this course



# ENJOY YOUR BABY CLASSES

## 5 fun friendly sessions THAT CAN CHANGE YOUR LIFE

In just five, enjoyable 90-minute sessions, this course can help mums to make positive changes in their lives and start to enjoy new parenthood.

With the help of a little book and supportive guidance at each session, participants learn how to improve their feelings when they feel low, worried or hopeless and will learn skills that help them tackle problems in their lives.

**They will also meet other new mums and have a lot of fun!**

### SESSION 1 WHY DO I FEEL LIKE I DO

.... and how to change things around. You were hoping for a fairy tale - but what you got was poo! You'll get to understand how to start to feel better when you're exhausted and stressed out.



### SESSION 2 MAKING POSITIVE CHANGES

Find out how working on enjoyment, closeness to others and getting stuff done can help you discover a happier and healthier you.



### SESSION 3 BUILDING CLOSENESS

Discover the very best gift you can give your baby. Build closeness through storytime and play, and learn to rebalance relationships with other important people around you. Finally some hints and tips on staying calm even when you're feeling exhausted.



### SESSION 5 PLANNING FOR THE FUTURE

Learn how to eat an elephant - and tackle any other life problems. Here's a chance to make life changing plans that will look towards a bright future for you and your child. And you get a certificate too!

### SESSION 4 LOOKING AT THINGS DIFFERENTLY

Build your confidence and tackle your doubts. Learn how to be a detective to discover bad thoughts that worsen how you feel. Learn tips for getting a better nights sleep.



THE ENJOY YOUR BABY  
LIFE SKILLS COURSE

