**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.**

***Me, You and Baby Too***

**is a free**

**online course that can help you**

**navigate these changes and keep**

**moving forward together.**

**You will learn**

**:**

**•**

**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.**



**Me, You and Baby too**

**An online**

**course for**

**new and**

**expectant**

**parents**

**To access the course, you will need a**

**smartphone, tablet, or computer, and a**

**good internet connection. It’s FREE to**

**use, so you’ll just need to create an**

**account with a username and password**

.

***•***

***Me, You and Baby Too***

**is designed**

**for new and expectant parents.**

**•**

**The course is online so you can**

**go through it at your own pace.**

**•**

**You can do it all in one go or save your**

**progress and come back to it later.**

**•**

**The course will take about 40 minutes**

**to complete, so it’s best to give yourself**

enough time and space to reflect.

**Register at this address**

[**/**](http://www.oneplusone.org.uk/parent-resources-for-england)

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**parent-resources-for-englan**

[**e**](http://www.oneplusone.org.uk/parent-resources-for-england)

**or scan the QR cod**

