



Janine Smith

WORKING WITH PARENTS SINCE 2002

The 4th Trimester

Let's focus on the early days and weeks with your baby

If you are pregnant – how can you prepare?

If your baby is here – how's it going and how do you feel about life with your baby?

Your baby's needs in those early weeks

What does your new baby need?

How can you meet those needs?

Your needs in those early weeks	
What do you need?	How can you meet those needs?

What questions or concerns do you have about life with a new baby?

Where can you get more information, reassurance & support?

Janine Smith | A specialist in pregnancy, birth and early parenting
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