

# Enjoy Your Baby

## A course for parents of a new baby

### The course aims to help parents:

- Discover how to enjoy their baby and life as a parent.
- Build a close bond and attachment with their child.
- Maintain links to other important people and activities in their life.

**Change your life** with online resources - modules, books and worksheets

[www.gmlifeskills.com](http://www.gmlifeskills.com)

Help  
for new  
parents



™ Five Areas Resources Ltd