



parent.rescue

SPECIALISING IN SERVICES FOR NEW PARENTS

# Expectant Parent Seminars

A MUST FOR EVERY PARENT-TO-BE

- **Get prepared for Parenthood!**
- **Take the 'Guess Work' out of what to buy for your baby and save money**
- **Discover 'Baby Feed, Play, Sleep' routines**
- **Take home complimentary Mother and Baby essentials.**

Parent Rescue is only too aware how vulnerable expectant parents can feel. All too often they are bombarded with advertisements of 'baby must haves'. All too often these expensive and often not needed articles are a hindrance, clutter up the home and cause more problems than they fix.

The Expectant Parents Program provides practical advice on essentials for Baby. It will include what to buy in the way of cots, beds and bedding and general baby consumables. The program will discuss baby 'feed, play, sleep' routines and lifestyle changes. It is geared to educate and prepare parents-to-be for parenthood, reduce their feelings of vulnerability and guilt and focus on essentials.

# About Expectant Parent Seminars

The three hour evening course (7pm-10pm), held monthly, in centrally located venues to allow involvement by both parents.

Each seminar will provide information on essential topics by Guest Speakers and include the following:

- An in depth look at what YOU, as a new parent, can expect when you bring your baby home
- What you need to buy for baby (too much money is spent on fads and gimmicks)
- A free copy of the 'Child Settling Book' an essential for all new parents
- A free copy of the 'Sounds for Silence' CD to assist your baby to sleep
- A free hamper of *Aromababy* product samples for mother and baby
- Networking opportunities to meet and connect with other expectant parents
- Introduction of other essential and proven Parent Rescue programs, including the widely acknowledged 'Sleep Rescue' program which has rescued parents and families throughout Australia, and as far afield as USA, UK and Sweden
- Refreshments.

## FOR ENQUIRIES AND BOOKINGS

call 03 9439 1367 or email

[admin@parentandsleeprescue.com.au](mailto:admin@parentandsleeprescue.com.au)



*parent.rescue*    *sleep.rescue*

Parent Rescue Pty. Ltd., 612 Main Road, Eltham VIC 3095  
03 9439 1367 . 0428 439 136 . [www.parentandsleeprescue.com.au](http://www.parentandsleeprescue.com.au)  
[admin@parentandsleeprescue.com.au](mailto:admin@parentandsleeprescue.com.au)

MELBOURNE, SYDNEY, BRISBANE AND ADELAIDE