



Me, You and Baby Too is designed to help you work through these changes so you can sort out any disagreements and keep moving forward together.

This is better for both of you as parents and will be better for your baby(ies).

Work one to one with our Family Support Workers to understand:

- **What your baby knows before they are even born.**
 - **Why stress should be a shared burden.**
- **How you and your partner can best support each other.**
 - **How to talk to bring up difficult topics.**
- **How arguments start, and how to stop them.**