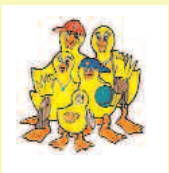


Support, new skills and help to prepare for being a young parent are all available if you join the ymtb course

### Learn how to...

- Manage your money
- Live healthily
- IT skills
- Health & Safety
- Care for a baby
- Return to employment
- Return to education
- Communication skills
- Lifeskills

Teenage Pregnancy and Parenting Support Centre  
16 West Terrace  
Redcar  
Cleveland  
TS10 1DR



Contact: 01642 - 479 324

**ymtb**  
young mums to be™

young mums to  
be, a course for  
women aged  
16-19

Redcar & Cleveland





## Learn how to...

- Manage your money
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## What is young mums to be training course?

The course is accredited through NCFE and is a level one NVQ equivalent. You can achieve your certificate by completing the units within the course. There are 12 units that will give you information and skills to take care of yourself and your baby. The training is delivered in a safe, non judgemental and caring environment where mum to be and baby are the main focus.

The timetable is flexible and fun and aims to give antenatal care and advice in a holistic way, helping you to prepare for your new life as a mum and looking to your future, perhaps returning to education or finding employment.



## How long will it take to run?

The course has 12 units, and is run two days a week for 12 weeks. This is not like school! The timetable is flexible and covers caring for a baby, managing money, healthy living, IT skills, Health & Safety and so much more.

## What does the course cover?

- Unit 1 - Induction/Health & Safety
- Unit 2 - Biological Awareness
- Unit 3 - IT Skills
- Unit 4 - Self Awareness
- Unit 5 - Creative Skills
- Unit 6 - Money Management
- Unit 7 - Baby Care
- Unit 8 - Communication
- Unit 9 - Healthy Lifestyle
- Unit 10 - Lifeskills
- Unit 11 - Training, Education & Work
- Unit 12 - Future Planning