

# Postnatal PLUS

A sponsorship opportunity brought to you by



# — The — Parent Hood COMMUNITY HUB

The Parent Hood of Harlow is a non-profit organisation dedicated to supporting parents and families in our community. We aim to do this by:

- **Empowering Women-led Business**
- **Supporting Maternal Mental Wellbeing**
- **Improving Early Years Outcomes**

We are seeking your support and partnership to sponsor our upcoming postnatal course, Postnatal Plus, specifically designed for parents with babies under 4 months old.



# Postnatal PLUS

This comprehensive 6-week course will provide new parents with the knowledge, tools, and support they need during the critical early stages of parenthood.

We have carefully designed the course to cover a wide range of topics that are essential for the well-being of both parents and their infants.

The course will include interactive discussions, expert-led sessions, and practical information on the following key areas:

- Empowering Women-led Business • Supporting Maternal Mental Wellbeing •
- Improving Early Years Outcomes •

A photograph of a woman and a young girl lying down on a white surface, possibly a bed. The woman is wearing a grey eye mask and a white t-shirt. The girl is wearing a pink eye mask with a heart and closed eyes design, and a white t-shirt. They are both looking towards the camera with slight smiles.

Postnatal  
PLUS

## Mindfulness in Parenthood

Exploring techniques to manage stress,  
enhance emotional well-being, and  
develop a mindful approach to  
parenting

P<sup>+</sup>

- Empowering Women-led Business • Supporting Maternal Mental Wellbeing •
- Improving Early Years Outcomes •





## **Nutrition and Feeding**

Providing guidance on optimal nutrition for both the feeding-parent and the infant, best practices when introducing solid foods, and addressing common feeding challenges



- Empowering Women-led Business • Supporting Maternal Mental Wellbeing •
- Improving Early Years Outcomes •





## Postnatal Exercise

Educating parents on safe and effective postnatal exercises to aid physical recovery, improve energy levels, and promote overall well-being



- Empowering Women-led Business • Supporting Maternal Mental Wellbeing •
- Improving Early Years Outcomes •



A person wearing blue gloves is performing infant first aid on a baby doll lying on its back. The person is kneeling on a light-colored floor. A clear plastic resuscitator is visible next to the doll. Another person is sitting on the floor in the background.

# Postnatal PLUS

## Infant First Aid

Equipping parents with essential knowledge and skills to respond effectively to common emergencies and accidents involving infants



- Empowering Women-led Business • Supporting Maternal Mental Wellbeing •
- Improving Early Years Outcomes •





# Postnatal PLUS

## Relationships

Nurturing healthy relationships (with partners, family members and friends) and understanding the dynamics that can arise after becoming parents



- Empowering Women-led Business • Supporting Maternal Mental Wellbeing •
- Improving Early Years Outcomes •





# Postnatal PLUS

## Returning to Work

Offering support and guidance to parents as they navigate the transition back to the workforce, including managing childcare arrangements, maintaining a work-life balance, and addressing potential challenges

P<sup>+</sup>

- Empowering Women-led Business • Supporting Maternal Mental Wellbeing •
- Improving Early Years Outcomes •

**By sponsoring the Postnatal Plus course, your company will have the opportunity to make a profound impact on the lives of new parents within our community.**

**Your generous support would contribute to:**

1. Provision of course materials, including handouts, guides, and resources, to ensure parents have **valuable take-home information**.
2. Engagement of **experienced professionals** in their respective fields to lead informative and interactive sessions throughout the course.
3. Venue arrangements with appropriate facilities that provide a comfortable and **conducive learning environment** for participants.
4. Promotion and marketing efforts to **raise awareness** about the course and reach a broader audience of parents.
5. **Accessibility for all parents in need.**



**In return for your sponsorship, we are pleased to offer  
the following benefits:**

1. **Recognition** of your company as a valued sponsor in **all promotional materials** related to the Postnatal Plus course, including our website, social media platforms, press releases, and event banners.
2. Placement of **your company's logo** on course materials, such as handouts and resource guides, **maximising brand visibility** among our target audience.
3. An **official certificate** of appreciation for your company's contribution to empowering new parents and fostering a strong and resilient community.

# Postnatal PLUS

We firmly believe that the Postnatal Plus course will have a lasting and positive impact on the lives of parents and their infants in Harlow.

Your sponsorship would enable us to provide essential support, guidance, and resources to families during this transformative phase, creating a ripple effect that strengthens our community as a whole.

Together, we can make a significant difference in the lives of families within our community.



- Empowering Women-led Business • Supporting Maternal Mental Wellbeing •
- Improving Early Years Outcomes •



# Mari Opara

Founder / Director

The Parent Hood of Harlow C.i.c.

[contact@the-parenthood.co.uk](mailto:contact@the-parenthood.co.uk)

[www.the-parenthood.co.uk](http://www.the-parenthood.co.uk)



- Empowering Women-led Business • Supporting Maternal Mental Wellbeing •
- Improving Early Years Outcomes •