

Postnatal Plus

A Sponsorship Opportunity
by

THE 
PARENT HOOD
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 postnatal course - Postnatal Plus - specifically designed for parents with babies under 6 months old.

This comprehensive 5/6-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:

A woman with long braids is sitting cross-legged on a rocky bank next to a stream. She is wearing a black tank top and leggings, with a white fringed shawl draped over her shoulders. Her eyes are closed, and her hands are resting on her chest, suggesting a meditative or mindful state. The background shows a calm stream and some greenery.

Mindfulness

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

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



Moving to Solids



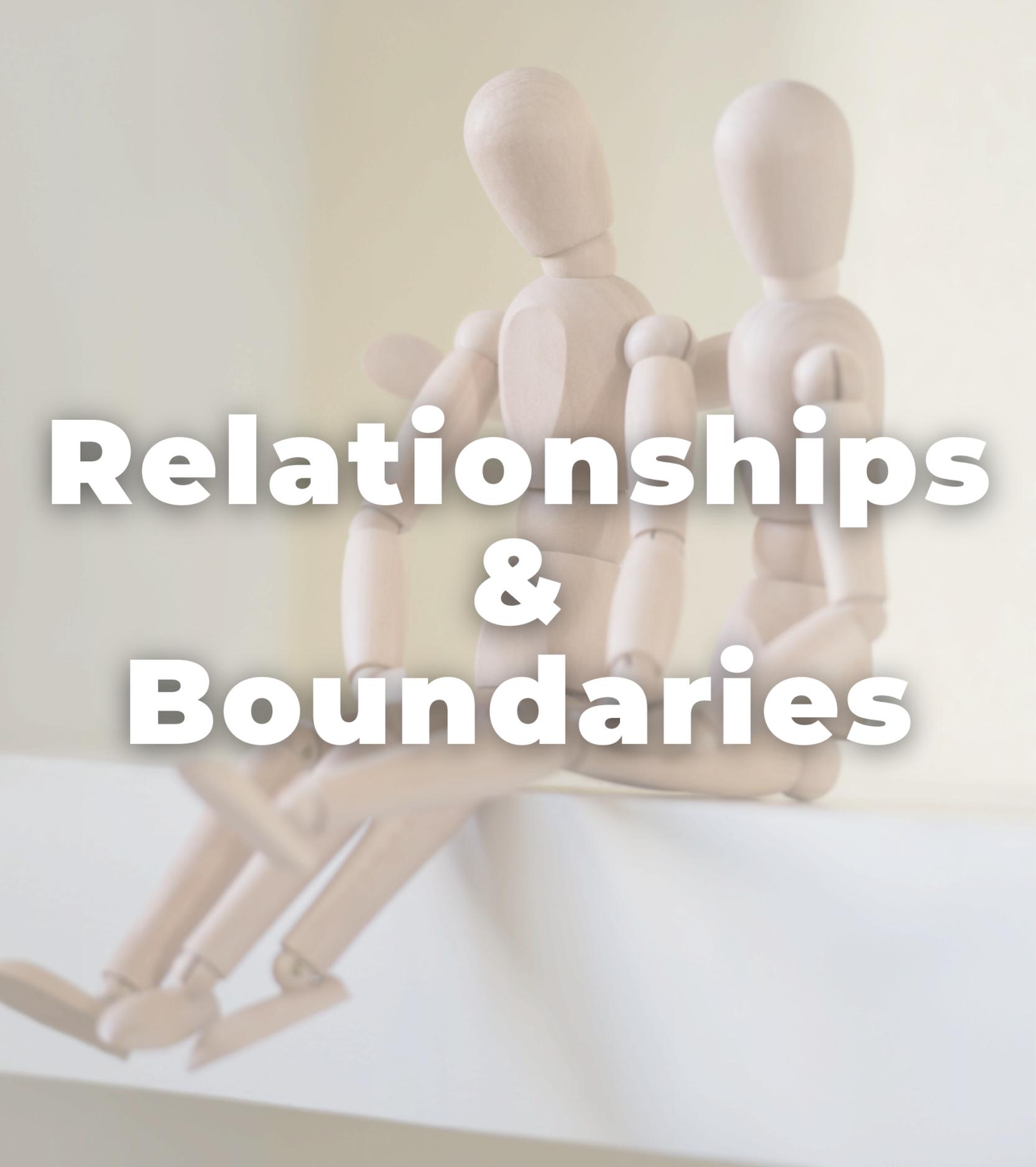
Postnatal Recovery

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

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



Baby First Aid



Relationships & Boundaries

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

Preparing parents for the practicalities of returning to work. Including flexible working and Keep In Touch days.

A woman with curly hair and glasses is sitting at a desk, smiling. She is wearing a dark blue sleeveless top with white polka dots. In front of her is a silver laptop. To the left of the laptop is a white teapot and a white mug. The background shows a window with blinds, and the scene is brightly lit, suggesting a sunny day.

**Returning
to
Work**

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.
4. **Volunteer** opportunities for your staff members

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.

Thank
you!

THE
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HUB

Marika Opara

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