

# Rachael and Alexi found quality time together at Goddard Park Community Primary School



GODDARD PARK  
COMMUNITY PRIMARY SCHOOL  
AN INTEGRATED CHILDREN'S CENTRE

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Rachael is 22 and has a daughter, Alexi, who is nearly six months old.

## THE RIGHT SUPPORT AT THE RIGHT TIME

Although Rachael Costello has close family and friends living nearby, and is shortly to return to work after maternity leave, she has found that the Community School has provided exactly the sort of support that she needed during the months following Alexi's birth.

## RELAXED ATMOSPHERE

"It was actually my health visitor who suggested that I take Alexi to the baby clinic at the Community School to be weighed and checked. The health visitors were efficient and friendly, and I liked being able to go and see other mums with young babies, and have a chat and a cup of tea. Talking to other people in a similar situation is helpful, and I never felt that I was being rushed."

## REASSURANCE FOR A FIRST-TIME MUM

Rachael also attended the post-natal group, where talks on health, feeding and general development were reassuring and informative. "Like a lot of other people, I was a bit down after the birth, and although I didn't want to make a big deal of it, it helped that there was somewhere to go, to get me out of the house and to meet other people. We did Rhyme Time with the babies as well, and it was a lot of fun.

"Because they understand what it's like to have a child and have been through the same worries and the same problems, they are in a perfect position to give advice and reassurance to a first-time mum."