Initial training sessions
- Background to study
- The role of the mentor
- Confidentiality/how to behave/scenarios of home visiting
- Diet during pregnancy
- Alcohol, drugs and smoking
- Minor complications of pregnancy
- Breastfeeding
- Preparing for baby’s arrival
- Relaxation and stress management

Mentor support: ongoing training sessions
- Infant feeding
- Immunisations
- Infant development
- Awareness of statutory and non-statutory groups
- Domestic violence awareness
- Self-esteem
- Postnatal depression
- Family planning