

Additional file 6: Summary of resources required to deliver the intervention for antenatal and postnatal sessions

	Per participant		Per group		
Antenatal	Plastic folder	£2.00	2 manuals with hand-outs	£10.00	
	Memory book (blank notebook)	£1.00	Ring-binder for manual	£2.00	
	Pen	£0.20	3 A0 size (large poster size) display boards for each group	£69.00	
	The Parenting Puzzle book	£12.00	4 constructs board	£23.00	
	Tommy's leaflet: Managing your weight in pregnancy	£0.00	The Nurturing Game	£23.00	
	Start4Life Off to the Best Start booklet	£0.00	Why Love Matters – Sue Gerhard	£11.69	
	Session 2: 'What we pay attention to' magnet	£2.80	Baby naming dictionary	£7.00	
	Session 3: 'Praise is magic' magnet	£2.80	The Social Baby-Lynne Murray	£9.65	
	Session 4: Candle & candle holder	£2.00	The Social Baby DVD - Lynne Murray	£19.00	
	Session 5: 'Have I nurtured myself?' magnet	£2.80	Table cloth	£1.25	
	Session 6: Gift cards (5 per participant + spares)	£0.03	Flowers for each session (optional)	£17.94	
	Session 6: Gift boxes (1 per participant)	£0.40	Name label badges	£2.50	
	Session 6: attendance certificate printed on card	£0.03	Set of felt tips	£1.50	
			Flip chart easel	£33.67	
			Flip chart paper	£6.46	
			Flip chart pens	£1.74	
			Set of post-it notes	£2.85	
			Ball or bean bag	£1.50	
			Mints for participants for each session	£6.00	
			Dice	£1.80	
			Water jug and glasses	£18.00	
			Red, green, orange slips of paper	£2.80	
			Ball of string	£2.99	
			Set of ping pong balls and marbles of different sizes	£4.65	
		Subtotal Antenatal	£26.06		£279.99

	Per participant		Per group	
Postnatal	Plastic folder	£2.00	2 manuals with hand-outs	£10.00
	Now I can crawl booklet	£1.12	Ring-binder for manual	£2.00
	Pen	£0.20	Photography	£50.00
	Session 3: pedometer	£1.00	Re-use group resources from antenatal classes except for mints, flowers, flip chart paper	£30.00
	Session 3: option to give small gift to participants	£2.00	Tape	£1.50
	Session 4: gift for baby such as plastic feeding bowl	£1.00	Popcorn kernels	£1.00
	Session 5: option to give small gift to participants	£2.00	Baby Sam toy	£10.00
			Baby mat or towel	£5.00
			Card for lollipop shapes	£2.60
			Types of boundaries board	£23.00
		Baby toys and balls	£10.00	
	<i>Subtotal Postnatal</i>	£9.32		£145.10
	TOTAL PER PARTICIPANT	£35.38	TOTAL PER GROUP	£425.09