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City Council

Nottingham City Start for Life offer



For more information visit
www.earlyhelpnottingham.org.uk



This booklet provides information and links to information and services available for residents in Nottingham City for all expectant and new parents/carers, their partners and family of a child under 2 years.



**HEALTHY
BABIES**





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Best Start in Life Parent Hub

The new Best Start in Life parent hub brings together information and support for every stage of your child's early years and beyond.

It's a place where you can:

- find information about government childcare support schemes
- check your eligibility for childcare support
- get details on breakfast clubs and wraparound childcare
- learn about the key skills your child needs to start reception

Visit the Best Start in Life parent hub:
<https://beststartinlife.gov.uk/>



Accessing a midwife

If you've just found out that you're pregnant, get the best start for you and your baby by making an appointment with a midwife.

Contact your GP who will refer you to your local community midwifery team, alternatively, you can contact a midwife directly through the NHS maternity pages and they will help you book your first appointment.

Community Midwife Team contact details can be found at the following link:

www.nuh.nhs.uk/routine-antenatal-care



Your first midwife appointment (also called the booking appointment) should happen before you're 10 weeks pregnant. This is because you'll be offered some tests that should be done before 10 weeks.

If you're more than 10 weeks pregnant and have not seen a GP or midwife, contact a GP or midwife as soon as possible. You'll still have your first midwife appointment and start your NHS pregnancy journey.

For details of what to expect at your first midwife appointment visit the NHS website:

www.nhs.uk/pregnancy/finding-out/your-first-midwife-appointment/



You will also find information about:

- Due date calculator
- Finding out you're pregnant
- Your NHS pregnancy journey
- Health things you should know in pregnancy
- Your pregnancy to-do list
- Maternity and paternity benefits and leave
- Pregnant with twins

Concerns about your pregnancy

If you have any concerns during your pregnancy or after baby arrives, the Maternity Advice Line is free to call, open 24 hours a day and is run by one of our friendly midwives: **0115 970 9777**. If you are deaf or hard of hearing, there is a service called "Relay UK" which can provide support. You can find more information here:

www.nuh.nhs.uk/your-pregnancy-and-birth



The Maternity Triage

If you are unsure whether you should attend triage, please phone our new maternity advice line for advice: **0115 970 9777**. If you are looking for non-urgent pregnancy related advice, please speak to your community midwife, midwife or GP.



Antenatal support (during pregnancy)

This is the care you receive while you're pregnant to make sure you and your baby are as well as possible.

The midwife or doctor providing your antenatal care will:

- check the health of you and your baby
- give you useful information to help you have a healthy pregnancy, including advice about healthy eating, exercise and stopping smoking
- discuss your options and choices for your care during pregnancy, labour and birth
- answer any questions you may have

If you have special health needs, your midwife, GP or obstetrician may take shared responsibility for your maternity care.

This means they'll all be involved in your care during pregnancy.



Let your midwife know if you have a disability that means you have special requirements for your antenatal appointments or for labour.

Appointments: If you're expecting your first child, you'll have up to 10 antenatal appointments.

If you have had a baby before, you'll have around 7 appointments, but sometimes you may have more – for example, if you develop a medical condition.

You will also receive an antenatal contact from your Health Visitor between 28 – 32 weeks to introduce you to the support you will receive after birth.

For more information, please visit the NHS website:
www.nuh.nhs.uk/your-pregnancy



If you do not speak English, tell your midwife so that they can arrange an interpreter.

Get Start4Life pregnancy and baby emails:

Sign up for Start4Life's weekly emails for expert advice, videos and tips on pregnancy, birth and beyond.

www.nhs.uk/start4life/signups/new



SSBC information packs for expectant and new fathers: The Father Inclusion Hub now hosts the SSBC information pack for fathers, along with other helpful resources and videos. From preparing for labour and feeding to play, bonding and self-care, these materials are designed to support you and help you feel confident and ready for your baby's arrival.

fatherinclusion.org/hub/packs/small-steps-big-changes



Baby Buddy App: A free, multi-award-winning, interactive pregnancy and parenting app, created to support parents, co-parents and caregivers.

babyzone.org.uk/baby-buddy



Antenatal classes

Based on parent feedback, the Parent Education Team are offering a choice of either face-to-face or online sessions. To book on to a session, please download and complete the booking forms via the link: www.nuh.nhs.uk/parent-education-classes and return them to us by email so we can sort your request. If have difficulty completing our forms, please email parenteducation@nuh.nhs.uk or phone us on **0115 969 1169 ext. 55178**.



Parent education classes are a really good way for you and your partner/supporter to receive guidance during pregnancy. You will then be better able to make informed decisions about your labour and birth preferences.

A variety of classes are available in your local community, and also at the City Hospital in our parent education room. You can attend these sessions if you are booked to have your baby at QMC, City Hospital or at home. We recommend you start the classes when you are around 32 weeks pregnant, but do book as early as possible as the classes do get booked up.

The workshops are run by midwives or physiotherapists who specialise in maternity. All these workshops are open to people who are pregnant and their partners or birth supporters.

The kinds of topics covered by antenatal classes are:

- health in pregnancy, including a healthy diet
- exercises to keep you fit and active during pregnancy
- what happens during labour and birth
- coping with labour and information about different types of pain relief
- relaxation techniques
- information about different kinds of birth and interventions, such as forceps, vacuum delivery or caesarean sections

10 Visit our website www.earlyhelpnottingham.org.uk

- caring for your baby, including feeding
- emotions and feelings during pregnancy, birth and after

For information on our current parent and antenatal classes, please follow this link:

www.nuh.nhs.uk/parent-education-classes



Visit our website www.earlyhelpnottingham.org.uk

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Registering a birth

Congratulations on your new baby!

Here is the information you need about the important task of registering the birth of your new baby.

You can register the birth of your baby at the **Nottingham Register Office** (by prior appointment only at Council House, Old Market Square, Nottingham) if your child was born in the City of Nottingham.

All births in England, Wales and Northern Ireland must usually be registered within 42 days of the child being born. For Child Benefit with HMRC, the child must be registered before making the claim.



Booking an Appointment

The Register Office, The Council House, Old Market Square, Nottingham NG1 2DT

Opening hours: Monday to Friday 9am to 4.30pm. Tel: **0115 841 5554**
office.register@nottinghamcity.gov.uk

To complete this service, you will need to bring certain information with you, please see the website for details.
www.nottinghamcity.gov.uk/birth



If English is not your first language, you may ask a friend or relative to go with you to register.

There is more guidance for opposite sex and same sex couples, whether married, unmarried or in a civil partnership on the website: www.nottinghamcity.gov.uk/information-for-residents/births-deaths-marriages/marriages-civil-partnerships-other-ceremonies/



If you're going to the register office on your own, you may need proof of paternity from the other parent before you give their details.

Visit our website www.earlyhelpnottingham.org.uk

Postnatal support (after birth)

www.nottinghamcitycare.nhs.uk/our-services/childrens-public-health-0-19-nursing-service



Once your baby is born, or you have recently moved into the Nottingham City Area, the **Children's Public Health 0-19 Nursing Service** is there to support you and your family.

Our teams are made up of specialist community public health nurses (health visitors and school nurses), registered nurses, family nurses, children and young people practitioners and support workers and nutrition peer support workers. We work with all families who live in Nottingham city or who have a child at a city school.

You and your child will be offered at least the following appointments:

- Antenatal between 28 and 32 weeks of pregnancy.
- Breastfeeding support contacts
- New birth review when your baby is 10-14 days old,
- 6-8 week review
- 9-12 month and 2 -2½ year child development review
- School ready review from when your child is 3 years 4 months.

In addition, we offer Public Health interventions and parenting support, including toilet training and continence; sleep; healthy lifestyles; behaviour and parenting; speech and language; immunisations; oral health advice; first foods (weaning) and emotional wellbeing. Our staff also carry out the National Childhood Measurement Programme (NCMP) where we weigh and measure every child in Reception and Year 6 in all Nottingham City primary schools.

Contact details:

Children's Health Advice Hub 0300 300 0040
Opening hours Monday - Friday, 8:30am-5pm

You can ring this number for health advice for your baby and child (up to the age of 19). You can also ring this number to cancel appointments and ask for them to be rearranged, to book clinic appointments and book to attend our feeding support groups.

Text Health: Young people and parents or carers of children/young people can get confidential advice from a public health nurse if they have concerns by sending a text to **07480 635 002** or start a chat at www.chathealth.nhs.uk for parenting advice.



For urgent healthcare needs call 111



Infant feeding/breastfeeding support

Midwife - Your midwife can give breastfeeding support throughout pregnancy and after your baby is born. They can help you with a breastfeeding plan and help you find extra support.

Children's Public Health 0-19 Nursing Service - The nutrition peer support workers provide breastfeeding advice, face-to-face or over the phone, depending on your need. A specialist community public health nurse (health visitor) can support with complex feeding issues. We also run free breastfeeding groups for all Nottingham City families.

Want to know about **moving your child onto solid foods?** It's recommended introducing first foods from age 6 months, when your baby shows you they are ready. Our First Food sessions are to help you learn how to introduce foods to your baby; you can attend from when your baby is age 4 months to help you get ready for this next stage. When your baby is around 8 months old, join our Balancing Milk and Meals groups to help you continue your baby's nutrition journey.

Ring 0300 300 0040, Mon - Fri, 8.30am to 5pm or visit nottinghamcitycare.nhs.uk/our-services/childrens-public-health-0-19-nursing-service for more about our group timetables.



Best Start in Life - **Breastfeeding help and support:** Breastfeeding can take time to feel comfortable and confident, but you don't have to figure it out alone. Your midwife and health visitor can offer guidance, reassurance and practical support. You can also find helpful advice online, through support groups, helplines and dedicated breastfeeding websites. www.nhs.uk/best-start-in-life/baby/feeding-your-baby/breastfeeding/breastfeeding-help-and-support/



The **National Breastfeeding Helpline** is available every day from 9:30am to 9:30pm. You can call on 0300 100 0212 for support and information about breastfeeding.



Are you eligible for a Healthy Start Card? If you are more than 10 weeks pregnant or have a child under 4 years old, you may be entitled to help to buy healthy food, milk and get free vitamins. Ask your specialist community public health nurse (health visitor) about where to get your free vitamins - you will need to show your NHS Healthy Start card when you collect them. www.healthystart.nhs.uk/how-to-apply/



The Feed Your Way campaign promotes parental choice about infant feeding and is working towards a breastfeeding-friendly city. www.feedyourway.co.uk



TOMMY's website (www.tommys.org/pregnancy-information/after-birth/feeding-your-baby/breastfeeding-information-and-support) contains lots of information about breastfeeding, for example:



Remember that breastfeeding is a learned skill

Because breastfeeding is a natural experience, many new mums assume that they should be able to do it straightaway. In reality, it may come easily to some, but not others. Breastfeeding is a skill that you and your baby learn together. If you need help, your midwife and health visitor can support you.

How do I breastfeed?

- Sit comfortably with your back supported.
- Hold your baby with their head and body in a straight line.
- Hold your baby close to you and support their neck, back and shoulders. Your baby should be able to tilt their head back easily, and they shouldn't have to reach out to feed.
- Place your baby's nose opposite your nipple.
- Let your baby's head tip back a little so that their top lip can brush against your nipple. This should help your baby to make a wide-open mouth.
- When your baby's mouth opens wide, their chin should be able to touch your breast first, with their head tipped back so that their tongue can reach as much breast as possible.
- Once your baby has latched on, their nose should be clear and their cheeks should look full and rounded as they feed.

Mental health support

www.nuh.nhs.uk/maternity-emotional-wellbeing



Depression in pregnancy

Depression when you are pregnant is called antenatal depression. The condition can vary from mild to severe and can affect women in different ways.

With help and support, most people with antenatal depression are able to manage the condition. It is important to get help and support and you can do this by speaking to your midwife or GP. You can find more information and support links here:

www.nhs.uk/pregnancy/keeping-well/depression/



Postnatal depression

Postnatal depression is a type of depression that parents can experience after having a baby. It affects more than 1 in every 10 women within a year of giving birth. It can also affect fathers and partners.

It's important to get help as soon as possible and you can do this by speaking to your midwife or GP. You can find more information and support links here: www.nhs.uk/mental-health/conditions/post-natal-depression/overview/



Perinatal services

Our perinatal services for mothers and their babies are based at Green Haven, part of Hopewood. This includes our Margaret Oates Mother and Baby Unit providing inpatient perinatal services, and our community perinatal services.

We provide treatment and support to women experiencing problems with mental illness from 13 weeks' pregnant until their baby is one-year-old.

Contact and find us at www.nottinghamshirehealthcare.nhs.uk/perinatal-services Perinatal Psychiatric Community Service; Hopewood, Foster Drive, Nottingham, NG5 3FL. Tel: **0115 952 9477 ext 12821**



Healthy Little Minds

www.asklion.co.uk/healthylittleminds

Adapting to life with a baby is a challenge for every parent. Sometimes things don't happen as you thought they would. All babies are unique and individual just like their parents. Learning how they communicate will help to build a special relationship. The team will help to build strong relationships between parents and their new baby.



Open House

openhousenotts.org/

We run drop-in peer support groups for those experiencing depression, anxiety, OCD, or any other mental health / emotional difficulties during the antenatal or postnatal periods.



Peer Support Drop-in Groups

This group runs fortnightly on Mondays (except Bank Holidays) 10am -12 noon, at The Vine Community Centre, Bobbers Mill Road, Nottingham NG7 5GZ. No booking required.



Play activities and resources for you and your baby

Play and stimulation are really important for your baby's development; this includes talking to your bump, talking to your baby, reassuring touch and play activities. Play activities with your baby are also good for your own emotional wellbeing and building your support networks.



Online learning and resources for parents

Nottingham City Family Hubs have funded access for Nottingham City residents to access online learning at a time that suits them best. There are two different services for you to choose from:

Easy Peasy has lots of activities, play and learning suggestions for you and your pre-school children to do at home. There are lots of ideas to transform everyday parenting moments into playful learning experiences that you can enjoy together.

easypeasyapp.com/for-parents-and-carers

Togetherness has lots of online parenting support programmes for the whole family from pregnancy to teenage years. There are free online courses for all parents, carers, grandparents and teens. The courses are available to access online anytime and are available in multiple languages. The programmes can help you understand your baby and child as they grow and develop.

togetherness.co.uk/mul/nottingham/

Peep Learning Together

The Peep Learning Together programme values and extends what parents/carers already do to support their child's learning in everyday life. Peep is a strengths-based approach to working with families, focusing on doing with rather than doing to parents. You can find details of the Nottingham City Council Peep offer on the Early Help Nottingham website <https://www.earlyhelpnottingham.org.uk/support-for-families/family-hub-funded-services/home-learning-environment>

Community play sessions

There are many community and voluntary play sessions delivered in Nottingham city, delivered in community centres, outdoor spaces, libraries, faith buildings and Family Hubs. Many of these are advertised on AskLion website:

www.asklion.co.uk/kb5/nottingham/directory/results.action?directorychannel=5_5_1&sr=0&nh=10

Each activity will advertise where and when the activity takes place, whether there is a cost, and how to access it.



Special educational needs

During pregnancy or after birth, you may find out that your baby has special educational needs or disabilities. There are many different disabilities and every child is unique. Support is available to enable your child to reach their potential.

Your midwife or health visitor will support you with accessing additional information, and you may be referred to a specialist doctor or paediatrician who are experts and will guide you through tests, treatments and support available.

The **Nottingham City Local Offer** contains information about the support available to children and young people with Special Educational Needs and Disabilities (SEND) and their families. To find out more about support available through the Local Offer: www.asklion.co.uk/kb5/nottingham/directory/localoffer.page?directorychannel=7



or talk to someone from the **Families Information Service**: Tel: **0800 458 4114**

Email: fis@nottinghamcity.gov.uk
www.asklion.co.uk/kb5/nottingham/directory/service.page?id=0dMlx02SAbI



Early Years Foundation SEND Team

We are a specialist home visiting service for pre-school children with special educational needs and disabilities. We work in partnership with parents and carers so that they can support their child's development. We offer support, advice and strategies for parents/carers to use at home.

Tel: 0115 876 5829

E-mail: EYSENDreferrals@nottinghamcity.gov.uk
www.asklion.co.uk/kb5/nottingham/directory/service.page?id=uOSJMmWUIAs



Ask Us Nottinghamshire is your local Information and Advice Support Service (IASS) for Nottingham and Nottinghamshire for children and young people with additional needs, as well as parents and carers of children/young people with SEND. Helpline: **0800 121 7772**

Rainbow Parent Carer Forum

We are a support group and independent voice for parents and carers who have a child or children/young people with special educational needs and/or a disability (SEND), in Nottingham and surrounding areas. We are linked to the National Network Parent Carer Forum (NNPCF) and other parent-led support groups throughout the region. The forum is run by parents for parents. We promote the well-being of parents, carers and their children/young people by running sessions and keeping them informed with support meetings and via our website and regular bulletin. We develop peer networks through our training, workshops and activities.

www.rainbowpcf.org.uk



Safeguarding

www.nottinghamcity.gov.uk/ncscp



Are you a child or young person being treated in a way that makes you feel scared, unsafe or very unhappy or alone? Or are you worried about an unborn baby, child or young person you think is being harmed? Please talk to someone now.

If you need immediate help because someone is harming you, or a child or young person you know, you can ring the Police and Children's Services in Nottingham and tell them what you are worried about.

Nottinghamshire Police - Tel: **999** or **0300 300 9999**

Children's Services - Tel: **0115 876 4800**

Email: CityMASH@nottinghamcity.gov.uk

You can call City MASH from Monday to Friday, 8:30 am to 5:00 pm. Outside of these hours, the telephone number should be used for emergency safeguarding enquiries only.

You can also talk to your **midwife, health visitor, family support worker, social worker, teacher, tutor, community session, or voluntary worker**, who will help you to contact the City MASH team with your concerns.

If you are a **child or young person**, concerned for yourself or someone else, you may want to ring a helpline that is just for children and young people such as:

- Tel: **0800 1111** or use the Childline website www.childline.org.uk



- Tel: **0808 800 5000** or use the NSPCC Helpline website www.nspcc.org.uk/about-us/contact-us/



Domestic Abuse

Domestic abuse is not only an act of physical violence, women can also be subjected to emotional, sexual and financial abuse within their intimate relationships this can be difficult to talk about. Research shows that abuse often worsens during pregnancy.

Asking for help is not always easy, but please talk with your community midwife or speak to a midwife or doctor when you attend our antenatal clinic.

Maternity staff have been trained to support women disclosing domestic abuse.

If you're in immediate danger, call **999**. If you're unable to speak when you dial 999, use 'The Silent Solution': **Wait for the operator to speak and type 55 on your keyboard**. This will alert the operator that you are in need of help.

Juno Women's Aid: The 24-hour Domestic and Sexual Violence Freephone Helpline* is the 'front door' for all domestic abuse and sexual violence services in Nottingham and Nottinghamshire. We provide 24-hour telephone support to survivors, their families and friends, and professionals working in support of survivors and their families.

www.junowomensaid.org.uk

*Calls to this helpline are free from landlines and mobile phones within the UK, and do not appear on itemised bills. **0808 800 0340**



Equation supports men aged 16 years and over, living in Nottingham city, who are suffering from domestic abuse. Please visit www.equation.org.uk/help-for-men



Family Nurse Partnership

Our family nurses support first-time parents who are under the age of 19, and their babies up to the age of 2 years.

We offer intensive support with:

- Life skills
- Health and wellbeing advice
- Looking after your baby
- Your baby's development
- Safety and stability
- Connecting with your baby
- Relationships
- Family and support networks
- Goals and aspirations



We mainly visit patients at home, but we also offer a choice of locations where this is most appropriate. This includes GP surgeries, Family Hubs, schools, health centres and cafés.

Patients are usually referred via their community midwife, however other services or patients themselves can refer in via **Children's Health Advice Hub 0300 300 0040**, opening hours Monday-Friday, 8:30am-5pm.

You can ring this number for health advice for your baby and child (up to the age of 19). You can also ring this number to cancel appointments and ask for them to be rearranged, to book clinic appointments, and book to attend our feeding support groups, or contact the **Family Nurse Partnership team on 0115 883 1281**.



Teenage Pregnancy Team

The Teenage Pregnancy Team consists of enthusiastic midwives and a maternity support worker who specialise in supporting pregnant teenagers. The team offers a flexible one-to-one service to young parents embarking on parenthood.

All teenagers under 18 are eligible and those who require it will also be supported up to 19.

Please ask your GP or community midwife if you need support

What does the Pregnancy Team offer?

- One-to-one service to young parents – each client is allocated a named midwife and a direct number to contact
- The team aims to empower teenage mothers and increase self-esteem, self-worth and confidence as they embark on parenthood
- Frequent contact with midwife: at least every four weeks at the start of pregnancy leading up to every two weeks near the expected date of delivery. Midwifery care continues until four to six weeks after birth
- Chlamydia screening
- C-Card – free outreach condom and lubricant distribution service in Nottingham City and Nottinghamshire County
- Health promotion throughout your pregnancy
- Referrals to Family Nurse Partnership Programme
- Support with education (including school, college and FUTURES)
- Support via a Common Assessment Framework

- Active birth classes (topics covered include: coping mechanisms in labour, getting to hospital, pain relief, ways to help your labour go more smoothly, and equipment which may help you)
- Breastfeeding advice and support including referrals to the Be A Star campaign
- A member of our team will be present to support you at your hospital appointments



Support for refugees and asylum seekers

Refugee Forum

We are an independent registered charity set up in 2000 to work with and for refugees and asylum seekers in Nottingham and Nottinghamshire.

We offer practical advice, information, support and friendship, and also campaign on issues affecting them. We can support with accessing healthcare.

Contact us at:

Email: info@nottsrefugeeforum.org.uk Tel: **0115 960 1230**

For Nottingham University Hospitals' specialist midwife for asylum seekers and refugees Tel: **0115 883 1748**

Other local and national support available:

Samaritans Tel: **0330 094 5717**

Red Cross Tel: **0115 850 5944**

Muslim Hands Tel: **0115 911 7222**

Open Kitchen Tel: **07890 584 506**
(food collection 11:00am – 2:00pm)

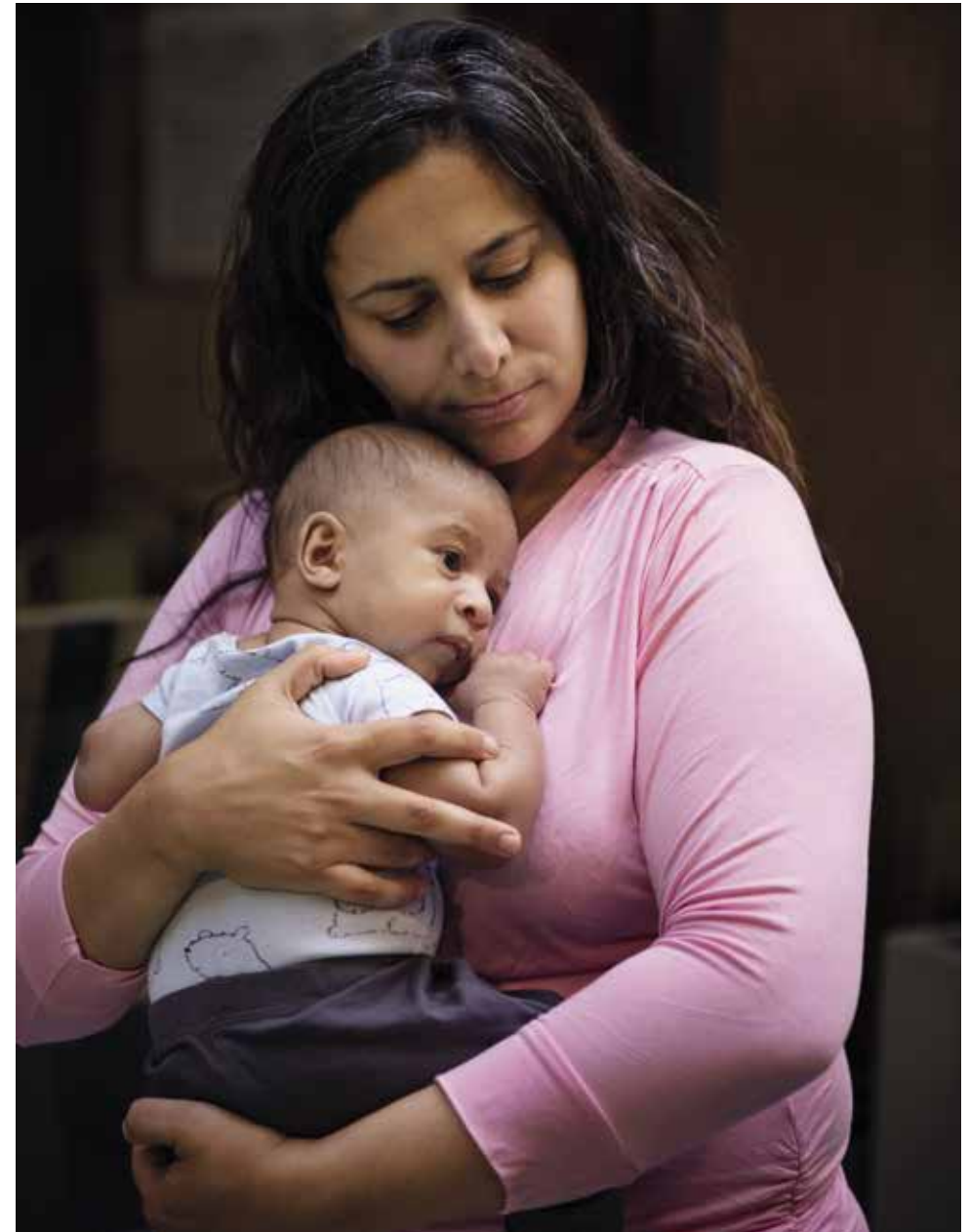
Transient Families Team

The **Transient Families Team** are part of the Children's Public Health 0-19 Nursing Services, we support Asylum Seeking families, Unaccompanied Asylum Seeker Children and Irish Traveller families. We work in partnership with many charities and multidisciplinary agencies to reduce health inequalities within Nottingham City.

Contact us at: Tel: **0115 883 9840**

or Children's Health Advice Hub **0300 300 0040**, opening hours Monday - Friday, 8:30am-5pm

You can ring this number for health advice for your baby and child (up to the age of 19). You can also ring this number to cancel appointments and ask for them to be rearranged, to book clinic appointments and book to attend our feeding support groups.



Family help services

Nottingham City Council provides a number of family help services for children, young people and families whose needs cannot be met by universal services.

These services include:

- **Family help support** – support for families with children and young people aged 0-19 years. Referrals can be made via Nottingham City Council MASH team. Tel: **0115 876 4800**
Email: CityMASH@nottinghamcity.gov.uk
- **Best Start family hubs** - offering a range of support for families with children and young people up to the age of 19 (25 for young people with special educational needs or disabilities). This includes **Peep Learning Together, parenting, Sleptight, domestic abuse support and young parents groups**. Referrals can be made in person at your local Best Start family hub, the details can be found at www.earlyhelpnottingham.org.uk/support-for-families/family-hub-funded-services
- **Child and Adolescent Mental Health (CAMHS)**
If you are a child/young person, parent or professional of a young person who is struggling with their mental health please contact us. www.nottinghamcity.gov.uk/information-for-residents/children-and-families/safeguarding/child-and-adolescent-mental-health-services-camhs/get-help-from-camhs or call **0115 876 4000**.



- **Neurodevelopmental Pathway & Support Team** If you are a child/young person, parent/carer, or professional of a young person who is presenting with ADHD or ASD symptoms, please contact us. www.asklion.co.uk/kb5/nottingham/directory/service.page?id=_Z3XK-_tK_0 or telephone **0115 876 4000**



- **Team around the Family** The Team Around the Family (TAF) model aims to support children and their family at the earliest opportunity. Team Around the Family refers to different people and services that will work together with the family to prevent or reduce difficulties before they become too difficult.

A Team Around the Family meeting could be led by a professional who your family knows best, along with the other services that are supporting you. Your family and your support network will be involved in all meetings, to create a plan together so that you don't need to share your story lots of times.

If you would like to start a Team around the Family Meeting for you and your family, please speak to your Family Help worker, school, health visitor or other service working with you. www.asklion.co.uk/kb5/nottingham/directory/service.page?id=Z3sdXc4M1Ew



Adapting to life with a baby is a challenge for every parent. Sometimes things don't happen as you thought they would. All babies are unique and individual just like their parents. Learning how they communicate will help to build a special relationship. The team will help to build strong relationships between parents and their new baby.

In the first 1001 days of a baby's life, they learn and grow faster than any other time.

The relationships between babies and their parents are incredibly important for growing *healthy little minds*.

Healthy Little Minds helps to nurture the relationship between parent/carer and child. They provide that extra help and the tools needed to understand the baby's needs.

The Healthy Little Minds team:

- Help parents and carers to deal with difficulties
- Focus on the emotional and mental health needs of the baby
- Offer early intervention to build on parenting strengths
- Provide a tailored service for individuals to thrive



Eligibility - parents and carers who:

Feel they need additional support with their relationship with their baby.

This could be for a number of reasons:

- Life challenges and experiences can have an impact on how we relate to our baby
- You might have concerns or challenges with bonding with your baby
- You might want support in improving your relationship with your baby
- You might not be feeling emotions as expected about yourself or towards the pregnancy/baby
- You may have had difficulties in pregnancy, a traumatic birth or a previous loss

Are 20+ weeks pregnant or have a child under 2 years.



To find out more, please contact the Healthy Little Minds team:

Tel: **0115 876 1771**

Email: hlm@nottinghamcity.gov.uk

www.asklion.co.uk/healthylittleminds



Targeted Healthy Lifestyle Team

Targeted support to help children under 4 years old and their families, in Nottingham City, stay healthy for life.

Babies and toddlers grow and change shape so fast – sometimes it can be difficult to spot when they are gaining weight a little too quickly. The Targeted Healthy Lifestyle Team is here to help. They work with families to set realistic goals that will benefit children's health. This includes:

- Eating healthily
- Staying active

Together they can:

- Build your family's healthy future
- Inspire your child's fitness for life
- Choose your family's healthy habits

Simple changes can have the biggest impact on your health. Sometimes it can be challenging to see what these changes could be. Together they can design a plan that works for you and your family.

The team can offer advice about:

- Sugar intake and cravings
- Exercise and physical activity
- Fussy eating and healthy recipes
- Meal planning on a budget
- Healthy snacks and rewards
- Sleep, screen time and routines
- Food labels
- Using the [Eatwell Guide](#)



The team works with you to choose the topics that your family will find most helpful.

38 Visit our website www.earlyhelpnottingham.org.uk

They can offer up to six sessions with you in your home.

They also offer monthly groups for all parents with a child age around 7 months to support with the move from mainly having milk to having 3 meals per day.

Parental self-referral is via the Children's Public Health 0-19 Nursing Team; book a clinic appointment to discuss a referral.

Children's Health Advice Hub 0300 300 0040, opening hours Monday-Friday, 8:30am-5pm. You can ring this number for health advice for your baby and child (up to the age of 19). You can also ring this number to cancel appointments and ask for them to be rearranged, to book clinic appointments and book to attend our feeding support groups.

www.nottinghamcitycare.nhs.uk/our-services/childrens-public-health-0-19-nursing-service



For the **Targeted Healthy Lifestyle Team** please contact **0115 883 4359**



Visit our website www.earlyhelpnottingham.org.uk **39**

Early Language

Children develop their talking and understanding of words at different rates. Babies start learning to recognise language even while they're in the womb. Parents/ carers and families can support their baby's language development through play, talking and responding to your baby/child, reading stories and singing. This does not need to be a special activity; everyday activities provide lots of opportunities, for example bath time, getting dressed, at the park or reading a story.

If you want more ideas of how you can support your baby's language, you could look at the following services:

The Balanced System

The Balanced System provides information and ideas for all children, young people, families and professionals. It has general information and resources about speech, language and communication that will be of interest to all parents, carers and young people, including those supporting children and young people with speech, language and communication needs.

<https://pathway.thebalancedsystem.org/>



Nottingham City Libraries

Nottingham City Libraries run lots of reading and storytelling groups for children under 5.

www.nottinghamcitylibraries.co.uk



Speech and language therapy drop-ins

The Speech and language therapists deliver a drop-in session each week in all of Nottingham City's Family Hubs, where parents can attend to gain advice and support if they are concerned about their pre-school child's language development.

Details of when these sessions are held can be found here:

www.nottinghamshirehealthcare.nhs.uk/slt-drop-in-sessions



Peep sessions

Family Help Teams offer Peep sessions, where parents/ carers and children can learn together. For details of groups, please visit the Early Help Nottingham website.

www.earlyhelpnottingham.org.uk/groups-and-activities



Homelessness

If you are homeless, Nottingham City Council can provide support; please contact us on 0115 876 3300

You are considered homeless if you:

- have no home in the UK or elsewhere that you have a legal right to occupy
- have a movable home such as a boat or caravan and there is nowhere it can be placed lawfully
- you're at risk from harm if you stay in your current home

You may be invited in for an appointment with a housing advisor to complete a Full Housing Assessment. This assessment will support the development of your Personalised Housing Plan (PHP). Our housing advisor may require you to provide documentation which will assist your case.

Homeless and pregnant?

Women who are homeless during their pregnancy are supported by the Specialist Midwifery Team. This includes women who are rough sleeping, living in supported hostel accommodation and in hotels.

Tel: 0115 883 1748



