BEST START IN LIFE

FOR every FAMILY
SOUTH TYNESIDE FAMILY HUBS







South Tyneside
Healthy Babies Offer

Supporting *every* family

Supported by

South Tyneside Council

VISIT OUR WEBSITE SCAN ME

REGISTER WITH US SCAN ME

South Tyneside
Healthy Babies Offer

Family life and bringing up children is rewarding but can also be challenging. Your baby's early years are important and will influence their development and future achievements.

This Healthy Baby offer sets out the services and support available to you and your family from **pregnancy** to your **child's second birthday.**



Your Pregnancy

Midwives from our local hospitals will see you throughout your pregnancy and after you give birth. Appointments may be held in GP surgeries, in Family Hubs and hospital-based clinics.

Midwives may also visit you in your own home, especially after you have had your baby. Your midwife can also help you prepare for your baby's birth and share information about the antenatal education offer where you live.

Further information about your local maternity services and links where you can find more support:



Further information

South Tyneside Community Midwives
can be contacted on **0191 2831288** or by visiting
www.stsft.nhs.uk/find-service/maternity



The Early Days of Parenting (Health Visiting)

You will usually meet your health visitor during your pregnancy. Health visitors work within a team to help support you and your family in the first years of your child's life in your family home. They help you adjust to being a new parent and provide a wide range of support, advice and reassurance to support you and to help your child have the best start in life as they grow and develop.

South Tyneside Health Visiting team can be contacted on **0303 330 7700**
or visit our website **by scanning the QR code.**



Getting help with a crying baby

Babies cry. Sometimes it can feel difficult to cope.
ICON offers advice and support to help keep babies safe.

Visit **www.iconcope.org**
or scan the QR code to learn more.







Feeding Your Baby

Learning how to feed your baby safely and healthily in a way that works for your family is essential, and we want to make sure the right help is available. However you choose to feed your baby, support is available.

You can speak to your midwife about feeding options and how to access information and support both during pregnancy and in the early days after your baby is born.

Or you can call the **national breastfeeding helpline** on **0300 100 0212**.





Further information

Postnatal support including feeding your baby
www.stsft.nhs.uk/find-service/maternity/after-you-have-your-baby-postnatal

Feeding your baby (NHS)
www.nhs.uk/start4life/baby/feeding-your-baby

Helping your child grow and develop

Children develop in many ways and at different speeds. We can help you to understand your child's development, how your family can support and encourage your child as they grow, and know when to seek support.

Child development and growing up

Your local Family Hub provides a fun, friendly, safe space where families can learn and develop in a supportive environment.

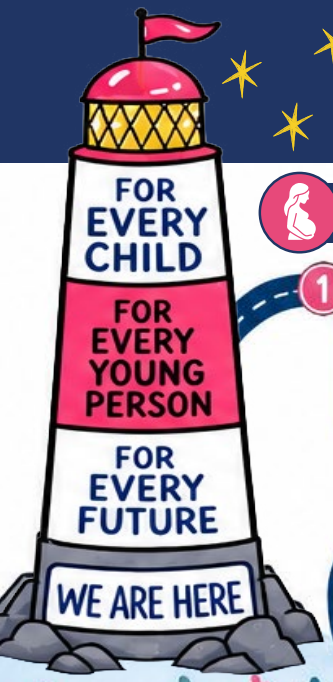
Further information

www.southtynesidefamilyhubs.co.uk
www.southtyneside.gov.uk/article/1086/Family-Hubs-Children-s-centres

Or by calling the Family Information Service on 0800 783 4645 or email **fis@southtyneside.gov.uk**



YOUR CHILD'S FIRST 1001 DAYS



PREGNANCY TIMELINE

1. **Early Pregnancys** Register on badger app
2. **8-10 week** Midwife booking in appointment
3. **10 weeks** Access to free Healthy Start vitamins
4. **12 weeks** First scan appointment
5. **16 weeks** Second Midwife appointment and Register at Family Hub
6. **20 week** Second scan appointment
7. **26 weeks** Midwife appointment
8. **26 weeks** Access to Antenatal Classes and Breastfeeding help
9. **28, 31, 34 weeks** Midwife appointments
10. **28, 36 weeks** Health Visitor antenatal appointment
11. **36, 38, 40 weeks** Midwife appointment
12. **41 weeks** Offered induction of labour

BIRTH AND EARLY DAYS

1. **Birth of baby**
2. **From Birth** Family Hub Breastfeeding help and Baby Groups
3. **Day after discharge** Midwife appointment
4. **Day 3 (at home)** Midwife contact and feeding assessment
5. **Day 5 (at home)** Midwife appointment
6. **Day 10-14** Midwife discharge appointment
7. **Day 10-14 (at home)** Health Visitor feeding assessment and support

BABY CHECKS AND EARLY DEVELOPMENT

1. **Within 6 weeks** Birth Registration
2. **6-8 week (at home)** Health Visitor Development Check
3. **8, 12, 16 weeks** Immunisations (for further information see page 17)
4. **3-4 months** Receive health and development information from Health Visiting
5. **6-9 months** Health Visiting Team virtual weaning workshop
6. **9-12 months** Health Visitor appointment to review your child's development
7. **1 year** Immunisations: Pneumococcal (2nd), Men B (3rd), Measles, mumps, rubella, varicella
8. **18 months** Diphtheria, tetanus, pertussis, polio, hib and hepatitis B, Measles, mumps, rubella, varicella
9. **2 years** Immunisations: Flu yearly until child finishes Year 11
10. **2-2½ years** Health Visitor home visit to review developmental progress
11. **3-4 years** Pre school contact to review developmental progress



GROUPS AND ACTIVITIES

Pregnancy to 6 months old

- Register with your local family hub
- Togetherness antenatal from 26 weeks onwards
- Infant Feeding Support
- Baby massage
- Triple P Baby
- GroBrain
- VIG
- Learning with Play 0-1yrs'
- Henry Starting Solids

6 months to 4 years

- Seasonal Activities
- Learning with Play SEND
- Learning with Play 1-4yrs
- Learning with Play 0-4yrs'
- First Words Together
- Early Words Together
- GroBrain Toddler
- Family Information Service & Childcare Offer

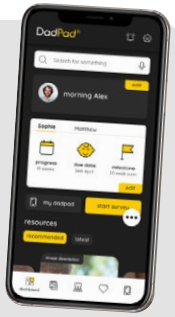
Parenting

- Togetherness Understanding your child 0-5yrs/5-19yrs
- Relationships Matter
- Henry Healthy Families right from the start
- Henry Workshops
- Triple P Standard
- Triple P Teen
- Triple P Fearless
- Non-Violent Resistance (NVR)

The Dad Pad®

DOWNLOAD NOW

You can download the brand new DadPad app platform **www.thedadpad.co.uk/app**



Download on the App Store

GET IT ON Google Play

anya

Anya app provides parents and parents-to-be with vital support on their breastfeeding and parenting journey, anytime, anywhere.

DISCOVER MORE SCAN ME



TOGETHERNESS

Bringing the Solihull Approach to the world

Free learning resources for healthier relationships and healthier lives.

Access these courses for free by entering the code: **ForEveryFamily**

DISCOVER MORE SCAN ME

Pregnancy to 6 Months

Pregnancy Registration with your Local Family Hub

Register with your local Family Hub during pregnancy to access information, advice and support for you and your growing family.

Togetherness Antenatal (from 26 weeks onwards)

A welcoming antenatal programme helping parents-to-be prepare for birth, early parenthood and building positive relationships with their baby.

Infant Feeding Support

Practical, non-judgemental support and advice to help families make informed choices about feeding their baby.

Baby Massage

Learn gentle massage techniques that can support bonding, relaxation and communication with your baby.



Triple P Baby

A parenting programme designed to give parents practical tips and confidence to support their baby's development during the first year.

GroBrain

Explore how your baby's brain develops and learn simple ways to support healthy growth, development and attachment.

VIG (Video Interaction Guidance)

A strengths-based approach using video clips of everyday interactions to build confidence and strengthen relationships between parent and child.

Learning with Play 0-1 Years

Engaging sessions that support children's learning and development through play, while helping parents and carers gain ideas and confidence to continue learning at home.

Henry Starting Solids

A practical workshop offering guidance on when and how to introduce solid foods safely and confidently.

6 Months to 4 Years



Seasonal Activities

Fun, themed activities throughout the year that encourage learning, play and family engagement.

Learning with Play SEND

A fun, play-based programme that supports children with additional needs and their families to learn, develop and build confidence through positive interactions and play.

Learning with Play 1-4 Years/0-4 Years

Engaging sessions that support children's learning and development through play, while helping parents and carers gain ideas and confidence to continue learning at home.

First Words Together

Practical activities and advice to help children develop language, communication and confidence through everyday interactions.

Early Words Together

Supporting parents and carers to develop their child's communication, language and interaction skills from an early age.

GroBrain Toddler

Learn about toddler brain development and discover ways to support learning, behaviour and emotional regulation.

Family Information Service & Childcare Offer

Providing information, guidance and support to help families access childcare, funding and local services. Contact details available on page 7 of this booklet.



Parenting

Togetherness Understanding Your Child (0-5 Years / 5-19 Years)

Helping parents understand their child's behaviour, emotions and development to strengthen family relationships

Relationships Matter

Supporting families and professionals to build healthy, positive relationships through evidence-based resources and guidance.

HENRY Healthy Families Right From the Start

Supporting families to develop healthy habits around eating, physical activity, emotional wellbeing and family life.

HENRY Workshops

Short workshops offering practical advice and strategies to support healthy family lifestyles and wellbeing.

Triple P Standard

A parenting programme providing practical strategies to promote positive behaviour and family relationships.

Triple P Teen

Supporting parents of teenagers with effective tools and techniques to navigate the challenges of adolescence.

Triple P Fearless

Helping parents support children and young people experiencing anxiety and build resilience and confidence.

Non-Violent Resistance (NVR)

A structured programme supporting parents and carers to strengthen relationships and respond effectively to challenging behaviours.





Maternity Wellbeing Services



Discover more information about our Maternity fitness classes by scanning the QR code

South Tyneside Council Leisure Services has a Maternity Wellbeing Programme that offers a range of classes to support exercise and wellbeing during pregnancy and after childbirth.

These classes help improve physical and mental wellbeing, reduce the risk of pregnancy-related health conditions, and are a great opportunity to meet and socialise with other mums.

Led by instructors with OFQUAL Level 3 Pre and Postnatal qualifications, these classes safely support you through pregnancy and after birth, helping you and your baby start a healthy life.

Contact Details:
Phone:**0191 424 7800 / 0191 424 7801**
Email: **Leisure.Services@southtyneside.gov.uk**



Library Services

South Tyneside Libraries offer Early Years activities for children aged 5 and under, including Baby Bounce, Bounce and Wobblies, Wobblies and Wigglies, Jiggle and Wiggle and Peek-A-Book.

Spaces are available on a first come basis.

Discover our events and activities by scanning the QR code

All sessions are free and are drop-in.

You can join the library in person at any South Tyneside library and children can join from birth.

Looking after your health and wellbeing

Are you feeling low, or do you need help managing your worries? We can support you in your parenting journey to help you feel mentally and emotionally well, so you can build a strong relationship with your baby. We are here to help.



South Tyneside and Sunderland Maternity Mental Health Services

There are three services available in the Sunderland and South Tyneside Maternity Mental Health Service **(1)** the Obstetric Mental Health Antenatal Clinic, **(2)** Maternal Mental Health Services, and **(3)** Birth Reflections Service.

1. Obstetric Mental Health Antenatal Clinic

This includes a mixed team of doctors and specialist mental health midwives. We assess people with pre-existing mental health difficulties or those that are newly arising in pregnancy. A referral to this clinic can made by a community midwife following assessmentFEF

2. Maternal Mental Health Service

A small team of psychologists and one midwife who specialises in supporting people with mental health difficulties. We aim to help women and birthing people with difficulties related to Trauma, Loss, and/or Fear during their maternity experience. The service hopes to offer support throughout all aspects of maternity care from pregnancy planning, during pregnancy, and up to 12 months after birth. **Telephone – 0191 569 9698**

3. Birth Reflections

An opportunity to discuss your birth experience with a midwife. The midwife will review your notes prior to the session and answer any queries you may have.

Keeping Healthy

We want to help you to keep your child healthy and know where to go for help when needed. You will find in this section helpful links to information about childhood illnesses.

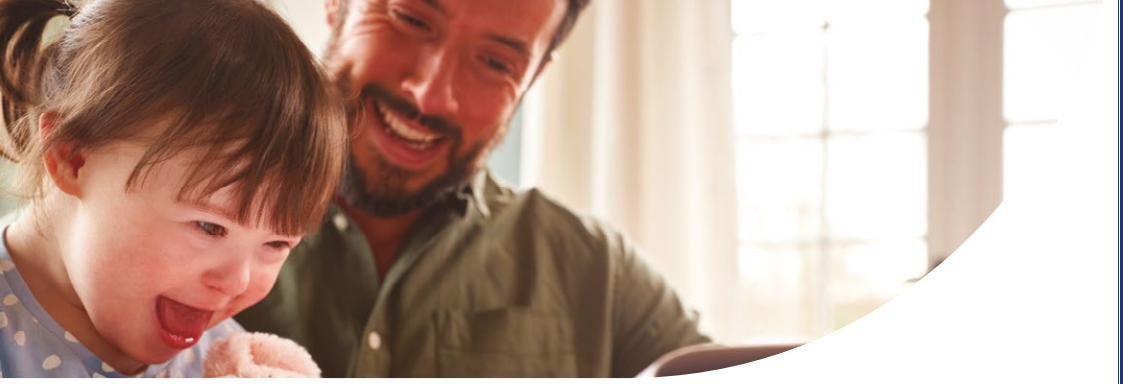
A Guide to Childhood Illnesses

As a parent, you may not like seeing your baby or child having an injection, but vaccinations will help protect them against a range of serious and potentially fatal diseases. Your GP can book any vaccinations.

Further information

Vaccination advice
www.nhs.uk/conditions/vaccinations/nhs-vaccinations-and-when-to-have-them





Support for babies and young children with additional needs and disabilities

Sometimes babies are born too early or too small. They could be born with health conditions or require further monitoring. In these cases, your baby may need treatment in a neonatal unit. Other babies may be born with or develop additional health needs or disabilities.

Help is available from several local services:

SEND Information (Local Offer)
www.southtyneside.gov.uk/article/5005/Visit-the-SEND-Local-Offer-website-for-South-Tyneside

Find out about neonatal services
www.stsft.nhs.uk/find-service/neonatal-care

Health visiting
https://hdftchildrenshealthservice.co.uk/ourservice/growing-healthy-0-19-south-tyneside/
Or Call **0303 330 7700**

FIS
To get in touch call **0800 783 4645** or email **fis@southtyneside.gov.uk**

Help to keep your child safe from harm

We will work with you and your family to help you to keep safe.

For information on how to give your baby the safest sleep possible and reduce the risk of Sudden Infant Death Syndrome (commonly known as cot death), visit the **Lullaby Trust** at **www.lullabytrust.org.uk**

It can be difficult to deal with **babies crying**. For support to soothe and cope with crying babies, please visit **My baby is crying. www.nhs.uk/conditions/baby/caring-for-a-newborn/soothing-a-crying-baby**

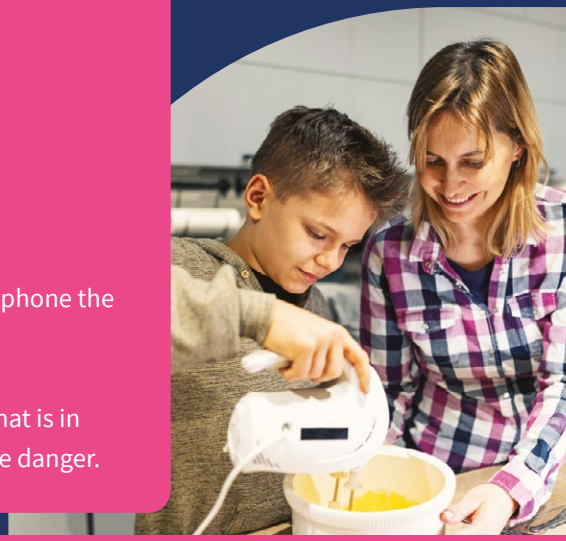
If you are concerned about a child or young person you can make a safeguarding referral –
Making a referral (South Tyneside Children's Services)
www.southtyneside.gov.uk/article/13756/Children-and-Families-Social-Care-CFSC-referral-form

0191 424 5010
Monday to Thursday - 8.30am to 5pm
Friday - 8.30am to 4.30pm

0191 456 2093
Outside of the above time

For more information and advice free phone the **NSPCC 0808 800 5000.**

Call 999 if you are reporting a crime that is in progress or if someone is in immediate danger.



FOR every FAMILY

SOUTH TYNESIDE FAMILY HUBS

Tel: 0800 783 4645

Web: www.southtynesidefamilyhubs.co.uk

Email: familyhubs@southtyneside.gov.uk

In Partnership with:

South Tyneside Council

Department for Education

South Tyneside Alliance

Growing Healthy South Tyneside 0-19 Service