

What help and support is out there for me and my baby?

For pre and post pregnancy



Introduction

Did you know? A baby's brain is a quarter of the size of an adult brain, but it doubles in size in the first year of life?

The first two years of your child's life are the most important for brain development. These early years help your child learn how to think, feel, and get along with others – skills that will support them as they grow.

Becoming a parent is an exciting journey and we know it can come with lots of questions and new experiences. That's why we have created this booklet to offer support, guidance and helpful information as you begin this new chapter.

In this booklet, you'll find information about the different kinds of help and support available for parents, carers, and children. If you want to find out more contact the Family Hubs team via email and on social media:

 family.hub@n-somerset.gov.uk



 @FamilyHubsNS



 @familyhubsnorthsomerset



Or find out more on the North Somerset Council website by scanning the QR code below:

Click here: <https://forms.n-somerset.gov.uk/report-request/form/childrencentrejoiningform#/1>



Family Hubs North Somerset

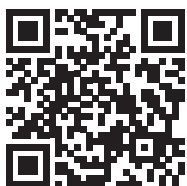
Family Hubs North Somerset provide welcoming support for you and your little one.

Family Hubs North Somerset offer support, advice, and activities for you and your baby. They support families living in North Somerset with children aged from pregnancy to 19 (up to 25 with SEND).

We have lots of groups that take place throughout the week at all our hubs as well as within the community.

You can find out what's on by viewing our what's on calendars on our social media pages.

 @FamilyHubsNS



 @familyhubsnorthsomerset



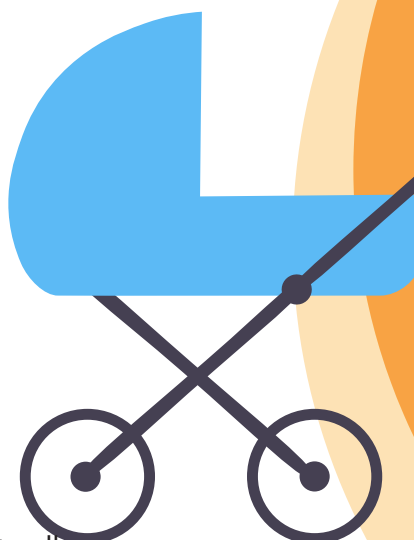
Or you can pick up a physical what's on by visiting any of our hubs!

Family Hubs North Somerset are inclusive to all children and families and provide a relaxed and welcoming environment for children and families to meet others, get any support needed and have fun!

To become a member of your local Family Hub please see page 15.

Find out more about the local offer on the SEND hub here:

<https://n-somerset.gov.uk/my-services/children-young-people-families/send-hub-local-offer>



The two years and under pathway

What you and your baby can access from pregnancy to two years old.

Pregnancy:

Antenatal visit with midwives

These visits are to ensure the wellbeing of yourselves, and your baby. It also includes medical checks, and discussion around your baby's development.

Health visitor appointment

Health visitors offer services for children and families five years and under.

- Antenatal visit, new birth six to eight weeks
- Nine to 12 months and two to two and a half year development review
- sirona-cic.org.uk/children-services/services/health-visiting-service/



Mind, Body and Bump/ Health, Exercise and Nutrition (HEN) in pregnancy

Looking for something to support you to stay healthy and active during pregnancy? Find out more about our Mind, Body and Bump courses on the Better Health North Somerset website on page 10!

- www.betterhealthns.co.uk/healthy-families/healthy-pregnancy/h-e-n-in-pregnancy/



Healthy Start food card and vitamins

Healthy Start is a scheme to help towards the cost of buying healthy food, milk and formula milk.

If you are pregnant or have children under four years old, and you meet the income criteria, you can apply for a pre-loaded chip and pin card to use in food shops.

To receive child and mum vitamins using your scheme card, ask at Family Hub receptions or email

- healthystart@n-somerset.gov.uk

- www.healthystart.nhs.uk/how-to-apply/



The two years and under pathway

We have breastfeeding peer support groups held across North Somerset so please contact your local Family Hub to find your nearest one

Birth/breastfeeding:

Breastfeeding support group

A friendly and supportive space where you can connect with other parents, share experiences and ask questions about breastfeeding. Whether you're looking for support, encouragement, or simply a chat, this free group is a great opportunity to meet others and feel supported.

Specialist breastfeeding support

Specialist breastfeeding support, available by appointment only. Contact: 03300 1255060, sirona.ns.hv@nhs.net



Baby hub

Baby hubs are friendly 'drop ins' where you can chat with health visiting staff and parents, ask questions and weigh your baby. Parents, carers, babies and toddlers are all welcome.

Find out more on the Sirona website:



sirona-cic.org.uk/children-services/services/health-visiting-service/



The two years and under pathway

Baby groups:

Bright Beginnings:

A relaxed, welcoming group that focuses on your child's growing brain. A free seven week group for children two years and under, based on the 'five to thrive' model.

✉ south.familyhub@n-somerset.gov.uk



Baby and me:

Drop-in social group for parents/carers with children aged 24 months and under. Expectant parents also welcome.

✉ katina@portisheadparent.co.uk



Baby massage:

A five week baby massage course, showing a variety of massage techniques, facilitating bonding and attachment. Looking for something to support you to stay healthy and active during pregnancy?

🌐 n-somerset.gov.uk/my-services/children-young-people-families/childrens-centres-childcare/childrens-centres



Sensory fun for under twos:

Explore different textures, sounds, smells and sights with your baby in sensory fun! Learn more about early years development and engage in sensory activities. Find out where your closest sensory fun group is on the Family Hub what's ons, on social media or on our website.



Groups for older children

Groups for five years and under:

If you want to find out when and where these local groups take place, contact the Family Hubs team on social media, email or by coming into any of your local hubs.

Muddy boots (five years and under):

Explore the outdoor environment, engage in physical and active play in muddy boots. Find fun outdoor activities that you can also try at home!

Let's play (five years and under):

Engage in fun indoor and outdoor activities, find activities to try at home and connect with other parents/children!

Rhyme and sign (five years and under):

A singing and signing group, using Makaton! Explore different ways of communicating with your child.

Boogie time (five years and under):

Music and movement group, enhance your confidence in physical play and activities by getting active during boogie time!

ParkPlay

Is an exciting and engaging physical activity initiative – it's 90 minutes of free community play, every Saturday in a park or public space, for everyone. For more information, please contact:



GetActive@n-somerset.gov.uk



park-play.com/



Dads/male carer groups

Dads groups:

Dads Saturdays (11s and under):

A stay and play group for dads/male carers with children 11 and under.

First Saturday of each month from 10am-12pm at Ashcombe Family Hub.

Llads:

A stay and play for dads/male carers and their children.

Group occurs once a month on a Saturday from 10.30am-12pm at Portishead Family Hub.

Dads and male carers – you're always welcome!

While some of our activities are specifically designed for dads, we want to make it clear: all dads and male carers are warmly welcome at every playgroup listed in our pathway. Whether it's a dad-focused session or any other group, you're invited to join in, connect, and enjoy quality time with your little ones.

Other support for dads/male carers:

 <https://thedadpad.co.uk/>



 www.home-start.org.uk/dad-matters



 www.bbc.co.uk/tiny-happy-people/articles/zb7svk7



Parenting and other support

Mellow Mums/Mellow Dads:

Mellow Mums and Mellow Dads are two separate groups for mums and dads with children aged from birth to five years. We offer this group online and face-to-face.

The group is a 14-week intensive programme for parents of babies and pre-school children to attend together.

This group is recommended for people who may...

- not have had anyone to role model positive parenting for them
- have had a child removed previously
- have been in care themselves
- be a young parent feeling anxious about being a new mum

If you would like to attend a Mellow group, a professional you know such as a support worker, GP, or school team can complete a referral on your behalf.

Parenting Village:

The parenting village is a parenting support group run by our Family Wellbeing Parenting Team.

It is free to attend and children of all ages are welcome.

This is a drop-in which is a relaxed and friendly place where parents and parenting specialists will be on hand to offer support, a listening ear and advice.

You can also find out further information about the advanced parenting groups and how these might help to support you.

Find out more about where your nearest parenting village is on the Family Hub social media pages or the North Somerset website.

The Advanced Parenting Team offers a variety of evidence-based programmes designed to support parents and carers of children of all ages.

To find out more, simply scan the QR code provided.



n-somerset.gov.uk/my-services/children-young-people-families/advanced-parenting-groups



Better Health North Somerset

What kind of help and groups does Better Health North Somerset offer for you and your family?

**Better
Health**

North
Somerset

Mind, Body and Bump/ Health, Exercise and Nutrition (HEN) in pregnancy

Our Mind, Body and Bump course is open to all pregnancy individuals.

The six-week course provides support on a range of topics including eating well in pregnancy, gentle exercise, supporting your emotional health and lots more to help you stay well during your pregnancy.



 betterhealthns.co.uk/healthy-families/healthy-pregnancy/h-e-n-in-pregnancy/

Smokefree support:

Smokefree North Somerset offers free support to families who wish to stop smoking. Stopping smoking reduces the risk of sudden infant death (SIDS), chest infections, asthma and meningitis in children and can prevent children from becoming smokers themselves. Make a self-referral by scanning the QR code.



 betterhealthns.co.uk/stopping-smoking/

Healthy lifestyles team:

Our Healthy Lifestyles Advisors can support you to, get active, lose weight, eat well and stop smoking.

Our friendly team will work together with you for free, for 12 weeks to find ways you can reach your healthy lifestyle goals.



 01934 427 661

 healthylifestyles@n-somerset.gov.uk

 betterhealthns.co.uk/tools/healthy-lifestyles-advisors-lw/

Mind, Body and Baby/Postnatal Health Exercise and Nutrition (HEN)

Our Mind, Body and Babycourse is open to those who have had a baby in the last 12 months. Our course includes weekly gentle exercise to help regain your strength and a range of topics to support your parenting journey. It is a relaxed and welcoming setting – bring your baby and meet other parents or carers.



 betterhealthns.co.uk/healthy-families/healthy-baby/postnatal-hen-health-exercise-nutrition/

Better Health North Somerset

The Better Health North Somerset website is a great resource to help you with your overall health and wellbeing. It has lots of information on the groups listed on page 10 and lots more.

Through the website you can find more information and support for:

- Drinking less
- Eating well
- Getting active
- Pregnancy and postnatal health
- Cost of living
- Losing weight
- Mental wellbeing
- Oral health
- Sexual health
- Stop smoking support

 betterhealthns.co.uk/



Mental health and wellbeing

Mental health groups and support for mums/dads.

Have you felt sad, worried or isolated as an expectant or new parent?

Have you experienced the loss of a baby or a traumatic birth experience?

Would you like support to understand your baby (for example, coping with crying, sleep, feeding, interacting with your baby)?

Are you finding it difficult to bond with your baby, or not feeling confident as an expectant or new parent?

Parent and Infant Emotional Wellbeing Support:

Your go-to resource for pregnancy and postnatal wellbeing support in Bristol, North Somerset and South Gloucestershire

A wide range of support is available for anyone who is considering a pregnancy, pregnant, has a child up to the age of 24 months, or is going through the loss of a baby.

There is support to maintain your wellbeing as well as when you are needing more help. It can feel hard to reach out for support or make sense of all the support that is available, so please ask your Midwife, Health Visitor or local Family Hub if you need some help to understand the support available and to contact other services.

Mental health issues affect up to 27% of mums/ birthing people, dads/co-parents/partners during pregnancy and postnatally. Getting support early can reduce the longterm effects of mental illness.

You are not alone it's ok to ask for support.



Mental health and wellbeing

Getting help with my own emotional wellbeing

Community support

- Faith groups
- Community groups
- Friends and neighbours
- Extended family

Online resources

- Videos
- Self-help guides

Advice and signposting

- NHS Talking Therapies (for anxiety and depression)
- Parenting classes
- Peer support/feeding support
- Community Midwives
- Health Visiting Service
- Signposting to other services

Support map and directory

<https://sirona-cic.org.uk/children-services/services/health-visiting-service-getting-support-with-your-familys-emotional-wellbeing/>



Very urgent support

All calls/texts are free

- Samaritans: Call 116 123
- SHOUT: Text 85258
- NHS 111: press 2 mental health option
- 999: Emergency

Specialist help

Specialist services can be referred to via your GP, Midwife or Health Visitor. Use the support map and directory link for more information. You can get support with:

- Mental health difficulties (new or long-term conditions)
- Concerns about bonding with your baby

Support is available at all stages...

Pre-conception

Planning a pregnancy

Antenatal

During the pregnancy

Postnatal

After the pregnancy

Join our parent/carers ideas group!

North Somerset Family Hubs also have a parent/carers ideas group for parents/carers with children aged two and under, including those that are expecting a child.

The group is free to join and allows parents/carers to help shape the future of Family Hubs. The ideas group hold three to six meetings per year where parents/carers can get together with staff and talk about what you need from your local Family Hub.

We are looking for parents of a variety of ages and ethnicities to join.

If you want to make a difference to families, children in your area and be part of future Family Hub projects, then this group is for you!

If you're interested in joining the ideas group please contact:

 fhideasgroup@n-somerset.gov.uk



Or by calling any of your local Family Hubs.

Find out more about the parent/carers ideas group by watching our video by scanning the QR code below:

 youtube.com/watch?v=CHqGn3u-Hg4



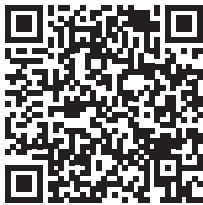
Become a Family Hub member!

If you are pregnant or have a child under five we recommend signing up to become a Family Hub member to take part in any of the groups/support featured in this booklet.

You can sign up online by scanning the QR Code below:



forms.n-somerset.gov.uk/report-request/form/childrencentrejoiningform#/1



Or by filling out the slip below, cutting this out and returning it to your local Family Hub:



Family Hub Membership form contact:

Name:

Email:

Postcode:

Phone number:

☐

I would like the Family Hub to contact me about becoming a member



Once filled, please hand this slip into reception

This publication is available in large print,
Braille or audio formats on request.

Help is also available for people who
require council information in languages
other than English.

For all enquiries please contact
family.hub@n-somerset.gov.uk