WAKEFIELD FAMILIES TOGETHER
happy, healthy, safe

Wakefield's
Healthy Babies Offer

Advice, Guidance and Information for new families:
from pregnancy to your child's early years.

Family Hub support for new parents

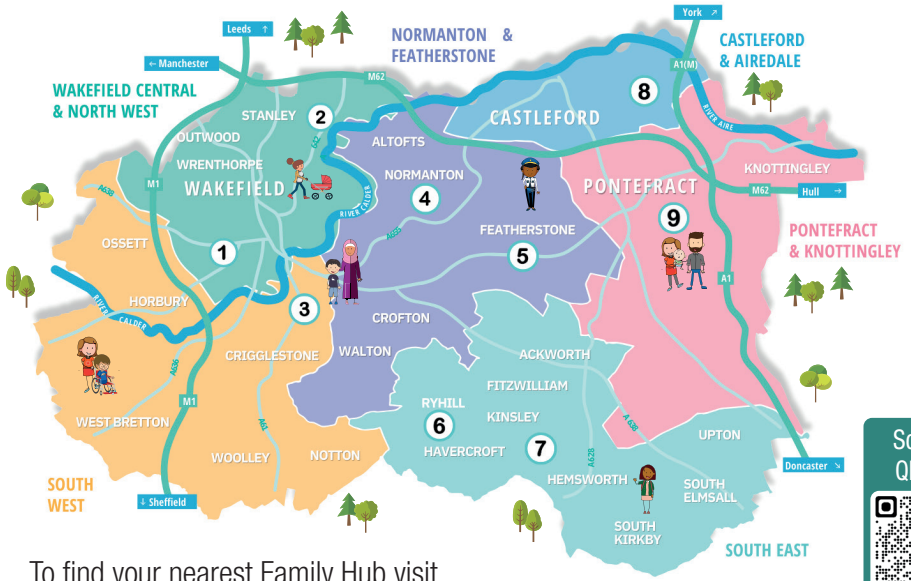
Family Hubs are for everyone, whatever stage your family is at. Family Hubs can help you make the most of the support, activities and opportunities available in your community. Offering a wide range of services for children, young people, parents and carers, Family Hubs are a friendly, accessible place to get information, build connections and access support when you need it. Walk in, call or email to find out more.

Family Hubs can help with:

- child development
- family relationships
- emotional and mental health
- parental conflict
- employment and debt problems

Contact your local Family Hub

1. **WFTSunbeamFamilyHub@wakefield.gov.uk**
   Sunbeam Family Hub: 01924 302333
2. **WFTStanleyFamilyHub@wakefield.gov.uk**
   Stanley Family Hub: 01924 303181
3. **WFTCastleFamilyHub@wakefield.gov.uk**
   Castle Family Hub: 01924 303376
4. **WFTButterfliesFamilyHub@wakefield.gov.uk**
   Butterflies Family Hub: 01924 307835
5. **WFTOakhillFamilyHub@wakefield.gov.uk**
   Oakhill Family Hub: 01977 723923
6. **WFTHavercroftFamilyHub@wakefield.gov.uk**
   Havercroft Family Hub: 01924 306312
7. **WFTCedarsFamilyHub@wakefield.gov.uk**
   Cedars Family Hub: 01977 722215
8. **WFTKendalFamilyHub@wakefield.gov.uk**
   Kendal Drive Family Hub: 01977 723543
9. **WFTPomfretFamilyHub@wakefield.gov.uk**
   Pomfret Family Hub: 01977 722644



To find your nearest Family Hub visit
www.wakefieldfamiliestogether.co.uk/family-hubs

Scan the QR code

Your Healthy Babies Journey

Our Healthy Babies offer outlines the support available to you and your family focusing on the first 1001 days (from pregnancy to age 2). These years set the foundations for your baby's emotional, physical and brain development.

Become a member of your local Family Hub

Throughout this leaflet, you'll see that the Family Hubs provide a wide range of groups and programmes for you and your family from pregnancy and during your child's early years.

The friendly Family Hub staff are there to support you and provide guidance to help you navigate family life.

Family Hubs have Early Years Practitioners that can answer your questions regarding your child's early years or signpost you to the information you need.

The Family Hub's support goes beyond just the early years and supports up to the age 19, or age 25 if your child has a SEND need.

To access this amazing support, register to become a member of your local Family Hub when you find out you're pregnant.

Register here:
https://ehmportal.wakefield.gov.uk/web/portal/pages/fyhregistration#h1

Special Educational Need or Disability (SEND)

The services and groups in this Healthy Babies offer are all SEND-friendly and inclusive. Adaptions can be made for the child's individual need to ensure inclusivity if you speak to a member of the relevant service beforehand.

There are services and groups in the leaflet specifically for SEND - they will be in a lavender box like this so you can find them more easily.

Wakefield Families Together website

This website has information on the support available across the district from pregnancy to your child's teenage years, as well as information and resources you can access at home.

Visit: **https://www.wakefieldfamiliestogether.co.uk/**

Best Start in Life website

This website brings together trusted information, advice and support for parents and carers at every stage of a child's early development.
Visit **https://beststartinlife.gov.uk/**

Pregnancy to Birth

Register your pregnancy

You can self-refer to the Maternity Service: **www.badgernotes.net/SelfReferral/CareLocation/midyorks**. Register as soon as you find out you are pregnant so you can be provided with full antenatal support. You will need your NHS number to complete the self-referral form. If you don't know your NHS number, you can find it here: **bit.ly/FindNHSnumber**

Midwifery support pre-birth to day 10

Before the birth of your child, your Midwife will coordinate your care and offer you a range of appointments. At your booking appointment, your Midwife will provide you with a **Mothers & Others Guide**. This booklet will give you all the key information you need about making feeding choices, building strong bonds and caring for your new baby.

You will be offered an appointment at around 28 weeks of pregnancy with the 0–19 service, provided by Harrogate and District NHS Foundation Trust.

At this visit, you will meet the Health Visiting team, learn about local services, and get information and support tailored to your needs.

You can book **antenatal classes** that cover pregnancy, labour, bonding and feeding your child.

These classes usually start between 28 and 32 weeks (or from 26 weeks if you are expecting twins).

Free antenatal classes, provided by Maternity and Families and Babies (FAB), are available both face-to-face and online. For more information, you can visit:

https://www.eventbrite.co.uk/e/face-to-face-antenatal-classes-1-4-please-book-each-class-separately-tickets-1988177231620

It's good to think about how you will **feed your baby** before they are born. Your Midwife, Health Visitor and FAB team can support you, including with breastfeeding, which has long-term health benefits for you and your baby. After birth, your Midwife will keep supporting you to feed your baby up to 28 days.

Visit **www.nhs.uk/best-start-in-life/** for more information.

Going Smokefree during pregnancy

NHS Yorkshire Smokefree Wakefield offers free help and advice, products on prescription and ongoing support to help you quit smoking during your pregnancy.

Smoking in pregnancy can contribute to slow growth of the baby, premature birth, stillbirth, low birth weight and sudden infant death syndrome (SIDS).

For support, visit **https://wakefield.yorkshiresmokefree.nhs.uk** or call us on **01924 252174**.

Download BadgerNet App

Your Mid Yorkshire maternity notes are electronic and can be accessed on the **BadgerNet App.**

GET IT ON Google Play

Download on the App Store

Dad-icated information

Dad Matters supports dads through pregnancy, birth and bonding with your baby, whilst supporting your own mental health and wellbeing.

A Dad's Coordinator can provide you with support tailored to your needs. Call **01924 251 205**, or visit: **dadmattersyorkshire.uk/wakefield/**

DadPad provides you with the practical skills and information that you need during pregnancy, around birth and beyond. To find out more, visit: **www.thedadpad.co.uk**

More information for dads is available on the **Children's Health Services app** (download information on the back page).

All support services in this leaflet are free except for DadPad which costs £12.

Registering the birth of your child

Now that your baby has been born, it is the law that the birth is registered with the Registrar of Births, Deaths, and Marriages within 42 days of the date of birth.

To register a birth at Wakefield Register Office or Pontefract Register Office, please book online at **www.wakefield.gov.uk/births-marriages-and-deaths/register-a-birth**

Families and Babies (FAB) support with breastfeeding

Wakefield is committed to being a Breastfeeding Friendly District.

FAB is a local service made up of trained breastfeeding peer supporters. They work alongside your Midwife, 0-19 Infant Feeding Service, and Health Visiting Service to offer breastfeeding support and information throughout your breastfeeding journey.

Join the online support group by searching **FAB Wakefield Breastfeeding Support** on Facebook.

For breastfeeding peer support groups where you can chat to peer supporters and other parents, search **www.familiesandbabies.org.uk/locations/wakefield/**

FAB also offer a 24-hour breastfeeding helpline so you have access to a peer supporter at any time of day or night on **01924 851901**.

There are a number of Breastfeeding Friendly venues across the district: **https://www.wakefield.gov.uk/health-and-advice/childrens-health/breastfeeding-friendly-wakefield**

0-19 Infant Feeding Service

Working with your Health Visitor and other professionals, the 0-19 Infant Feeding Service support all mothers, babies and their families with infant feeding choices. You can find more information about the service and get support with introducing solids in the **Children's Health Services app** (download information on the back page).

To find out more, visit **www.nhs.uk/best-start-in-life/baby/feeding-your-baby/**

Health Visiting support for the first 2 years

Your Health Visiting Service offers every family a series of visits and appointments from pregnancy through to your child's early years to check if you and your baby are healthy and developing well. They can support family health and wellbeing from preparing you to be parents and giving birth, through to your child's toddler years and starting pre-school.

Your Health Visitor can also help you with a broad range of areas such as minor childhood illnesses, your baby's sleeping pattern, feeding and introducing solids, teething and toilet training, as well as helping you to look after yourself.

Your Health Visitor will usually visit you and your baby at five key stages from 0-5 years.

Your first visit will be before your baby is born, then shortly after your baby's birth and when your baby is between 6-8 weeks. Contacts will also be made with you when your baby is between 3-4 months, 9-12 months, and 2-2½ years. To find out more:

- **www.wakefield.gov.uk/health-and-advice/childrens-health/help-with-childrens-health**
- or call Growing Healthy Wakefield 0-19 Service on **0300 373 0944**

Some families may be offered a Family Nurse who would work with you until your child is between 1-2 years. To find out more, visit **www.gov.uk/guidance/family-nurse-partnership-programme**

Infant crying is normal

Comforting methods can help and it is okay to walk away if your baby is safe. Never shake your baby. Talk to your Health Visitor or GP or search **iconcope.org** for more information.

The safest place for your baby to **sleep** is in a clear, flat and separate sleep space. You can talk to your Health Visitor or visit **www.lullabytrust.org.uk/safersleep-advice/** for more information.

Birth to 6 months

Health Visiting for emotional health and wellbeing

If you are worried about your mental or emotional wellbeing during the lead up to having a baby, or after the birth of your child, Health Visitors can support you with emotional wellbeing visits as well as supporting with any parent/infant relationship concerns.

The Parent and Infant Relationship (PAIR) Team

The 0–19 Service PAIR team can support you if you are finding it difficult to build a positive relationship (bond) with your baby. The PAIR team work with mums, dads, non-birthing partners, and carers.

Support is usually offered in your home but can be offered at your local Family Hub or community venue too. Support will be delivered by one, or many of the team at different points on your PAIR journey. If you need support from the team, please contact the 0-19 SPOC on **0300 373 0944**, or ask your Midwife, Health Visitor, GP or local Family Hub to refer you.

Home-Start Perinatal Mental Health Worker

The Perinatal Mental Health Worker is there to support you build confidence and to help you get out and about when you feel ready. Visits usually take place once a week for up to 8 weeks.

- **www.home-start.org.uk**
- **01924 251205**
- **admin@homestartwakefield.org.uk**

NHS Perinatal Talking Therapies at Turning Point

Talking Therapies offer psychological therapy through groups, online and one-to-one sessions to support you and your family during pregnancy and after the birth of your child for a range of problems including anxiety, low mood, post-traumatic stress disorder (PTSD) and much more. They also offer pregnancy and parental support workshops including sessions on mindful pregnancy and birth, becoming a new parent and supporting dads with the transition to fatherhood.

To find out more or book on a workshop, go to **talking.turning-point.co.uk/workshops-webinars** or call **01924 234 860** to speak to a member of the team.

Perinatal Mental Health Team

The team will help you look after your mental wellbeing during pregnancy. They will support you as you get ready for birth and the time after your baby is born. The Perinatal Mental Health Team can assess, diagnose and offer short-term treatment to women affected by moderate to severe mental health problems during and after pregnancy. They can also give advice if you are planning a pregnancy and are worried about your mental health.

- **www.southwestyorkshire.nhs.uk/services/perinatal-mentalhealth-team/**
- **01924 316900**

Family Hub Groups

Baby Massage is for babies from 4 weeks to crawlers. Baby Massage sessions will provide a bonding experience for you and your baby with the added benefits of relaxation, improving weight gain, aiding digestion, improving circulation and improving sleep.

Baby Group - Playful Learning is for babies from birth up to confident walkers. Baby Group provides early learning-based activities and the chance to talk about sleep, weaning, health and development with opportunities for parents and babies to meet and play.

Baby and Me - Nurturing Connections is a programme that will help you prepare for parenthood and the first year with your baby. It will help you develop a positive relationship with your baby, and support your baby's development.

Introducing Solids sessions are designed to support you feel confident and ready to introduce solids to your child from 6 months.

Bookstart Baby Pack

Bookstart provides packs of books for every baby in the UK, to inspire and create a love of reading that will give children a flying start in life.

The Bookstart Baby pack contains everything you need to get started, sharing stories, rhymes and songs with your baby and is gifted by your Health Visitor at around 6-8 weeks, or pick up a pack at your local Council library.

Find out more, visit **https://www.wakefield.gov.uk/libraries-and-local-history/what-wakefield-libraries-offer/children-and-young-peoples-services**

Activity ideas

Fun activities for newborns to 6-month-old babies to practise language and communication skills at home. Find out more: **wordsforlife.org.uk/activities/filter/?age=0-6-months**

6 months to 2 years

Family Hub Groups

Stay and Play - Playful Learning welcomes confident walkers to children aged 5 years old. Stay and Play is an early learning and play session with social experiences for you and your child. The sessions offer information and guidance on play and interaction, development and behaviour.

HENRY stands for Health, Exercise and Nutrition for the Really Young. HENRY is a programme for parents of infants and toddlers aged 0 to 5 years. The programme helps you get your child off to the best start in life. The sessions are interactive, fun, practical and informative.

A Parent's Toolkit + SEND is a programme to learn more about and support your child's development and understand their behaviour.

Sensory Stay and Play is for pre-school children with additional sensory or communication needs. Sensory Stay and Play provides high quality, well-planned, and stimulating activities to support learning and development.

Ask your Health Visitor, Family Hub or Portage practitioner to nominate you.

Available Online

Triple P - Positive Parenting are online courses that give you tips and ideas to positively manage your child's behaviour. Complete the courses at home with support from a Family Hub Practitioner.

Togetherness provides online courses for parents, carers, grandparents and teenagers living in the district to help you understand your child's feelings and development.

Access the courses here:
www.wakefieldfamiliestogether.co.uk/online-courses

Team Around Approach

You can also ask for early help from your child's nursery, childminder, or Health Visitor and request a 'Team Around' meeting. The Team Around is an offer of early help to families that brings together a team of professionals to offer advice and guidance at a time when you may need additional support.

Find out more here:
www.wakefieldfamiliestogether.co.uk/community-support/team-around-the-early-years/

Portage is a home-visiting educational service offering one-to-one support for pre-school children with SEND and their families to encourage learning and playing together. To find out more visit **www.portage.org.uk/wakefield-portage-service**

Twins and Multiples

Home-Start offer a Stay and Play in Sharlston for twins and multiples. Find out more:

- **www.home-start.org.uk/home-start-wakefield-district**
- **01924 251205**
- **admin@homestartwakefield.org.uk**

Dolly Parton Imagination Library

Register your child with the Dolly Parton Imagination Library and get a book every month until their 5th birthday. Registration is open to babies aged 0 to their 2nd birthday from Knottingley, Pontefract, Castleford Central, Ferry Fryston, and Airedale. For more information or to register:
spectrum-cic.org.uk/our-social-value/dolly-parton-imagination-library/

Childcare

If you would like a list of early years nurseries, please contact the Family Information Service, Early Years on:

- **0800 587 8042**
- **information@wakefield.gov.uk**

Access up to 30 hours of free childcare.

All our childcare providers also offer places for children with Special Educational Needs and Disabilities.

To find out more:
www.wakefieldfamiliestogether.co.uk/pre-birth-to-5-years/early-years-and-childcare/eyc-families/starting-childcare/

Early Years WISENDSS supports children to access their early education entitlement or nursery place by working closely with settings and families to identify and respond to emerging Special Educational Needs. The team offers advice, guidance and practical strategies to settings, ensuring families are supported via their chosen provision to promote inclusion and positive outcomes. Find out more:
https://wakefield.mylocaloffer.org/wisendss/wakefield-inclusion-and-send-support-service/

Activity ideas

50 Things To Do Before You're 5 supports the early development of your children from 0-5 by building skills and language. Find out more:
https://wakefield.50thingstodo.org/app/os#!/welcome

The district has **Story Trails** to experience the outdoors while reading stories.
www.wakefield.gov.uk/story-trails

Further support

Libraries

Join your local library and you can access picture books, board books, story books, talking books, and more. You and your child can join in with 'story time', a fun session for under 5s with stories, songs, and rhymes. No booking is required.
To find out more, visit:
www.wakefield.gov.uk/libraries-and-local-history/library-information/library-events

Wakefield Local Offer outlines the support on offer across the district in relation to SEND.

To find out more, visit
https://wakefield.mylocaloffer.org/

Healthy Eating

It is important that your family has a balanced diet to get the nutrients you need for growth and to stay strong and healthy.

For support with healthy eating, you can contact your local Family Hub or there is further information available on the **Children's Health Services** app (download information on the back page).

The **Parent Carer Forum** works with parents and carers of children with SEND to make a positive difference and improve the quality of life for all children and families in Wakefield.
To find out more, visit
www.wakefieldparentcarers.co.uk

Children's Oral Health

Toothbrushing

Brushing children's teeth is an important part of their daily routine. By brushing twice a day, your child will reduce the chance of developing cavities and gum disease. Visit **www.wakefield.gov.uk/health-and-advice/childrens-health/oral-health-for-children/** for more information and resources for your child.

How do I find a dentist for my child?

Find your nearest dentist on the **Children's Health Services** app (download information on the back page) or by contacting **NHS England** on **0300 311233** or email **england.contactus@nhs.net**

Money Advice

Community-based support

You can access confidential and impartial support and advice about the cost of living crisis from one of our hub venues. Your local hub can provide information on debt, budgeting, benefit checks, housing and energy bills.

Search Help at the Hub Wakefield for more information and resources **www.wakefield.gov.uk/cost-of-living-support/community-based-support**

You can also access support from the specialist debt and money advice team, open 9am-5pm Monday to Friday on **0808 812 7134** (freephone) or email **moneyadvice@wakefielddistrictcab.co.uk**

Cash Wise

The CashWise Team can offer support and guidance to help you take control of your finances, if you are:

- a family with children under 12, living in any type of property or
- a Vico Homes tenant

Cash Wise offer a bespoke package of support dependent on your situation.

Visit **www.getcashwise.co.uk** to refer in or call **01977 724651**

Real Nappies

The average child will use 5040 nappies before they are potty trained. Nappies are NOT recyclable, so why not try a washable cloth alternative which will cost a third of the price, and if used on second and third children you will have a £0 nappy bill.

Request your nappy pack here:
www.wakefield.gov.uk/bins-recycling-and-environmental-health/recycling/real-nappies

Wakefield Healthy Housing Pathway

The Wakefield Healthy Housing Pathway provides support with budgeting, debt advice, mortgage difficulties, energy debt advice, adult education and job skills.

The pathway can support you with fuel debt and income planning, talking to your landlord to resolve ongoing repair or standards issues, energy efficiency advice for the home, or to guide you through the grants and loans available to help with the cost of home heating and insulation improvements to reduce energy costs.

- **healthyhousing@wakefield.gov.uk**
- **01924 305887**
- **www.wakefield.gov.uk/housing/healthy-housing**

Further support

Healthy Start

If you are pregnant or have a child under 4, you may be eligible for Healthy Start.

Healthy Start provides money every four weeks to help buy:

- Milk
- Fruit and vegetables
- Infant formula milk

You may also be entitled to free Healthy Start vitamins for you and your child.

Eligible pregnant women can apply from 10 weeks of pregnancy, and eligible families can apply until their child turns 4.

Apply online: **www.healthystart.nhs.uk/how-to-apply**

Food and Baby Banks

Wakefield Mumbler have a list of local food and baby banks. For more information, visit: **wakefield.mumbler.co.uk/mums/food-banks-baby-banks/**

Join our Maternity and Neonatal Voices Partnership

Maternity and Neonatal Voices Partnership (MNVPs) are working groups: teams of women and their families, commissioners and maternity staff working together to review and contribute to the development of local maternity care.

To join, contact us via this web page **www.healthwatchwakefield.co.uk/maternity-and-neonatal-voices-partnership**

Join Family Voice

The voice of parents and carers is important to help us shape the Family Hub offer in Wakefield. Wakefield Family Hub Family Voice meetings provide the opportunity for parents and carers to be involved in the delivery and design of services for children, young people, and families. We really want to hear about your experiences and for you to share your ideas. If you would be interested in learning more, visit: **www.wakefieldfamiliestogether.co.uk/your-voice-volunteering/family-voice-2/**

Support for Domestic Abuse

Wakefield Domestic Abuse Support Service (Wakefield DASS) offers a service to parents experiencing domestic abuse in any form; physical, sexual, violent or threatening behaviour, economic, psychological, emotional, or other abuse. The team can offer help, advice, and support.

Call Wakefield DASS on **01924 972 715** or **0800 915 1561**, or email at **wakefielddass@cranstoun.org.uk**

Wakefield DASS can meet you in a safe space away from your home/local area if this is safer for you. To find out more, search Wakefield Council Domestic Abuse or visit **www.wakefield.gov.uk/our-people-and-communities/community-safety/domestic-abuse**

Relationships Matter

The Relationships Matter programme provides advice, tips, and support to help keep your relationships positive and to support parents and carers to manage conflict. To find out more contact your local Family Hub (contact information on the inside cover of this leaflet). To read more on Relationships Matter, visit the website here **relationshipsmatter.org.uk**

Drugs and Alcohol

Within the Wakefield District, Inspiring Recovery is a service for adults over 25 years old. Turning Point can offer you information and advice, harm reduction interventions, needle exchange, group work, one-to-one appointments, drug and alcohol detox, specialist services and peer mentors.

Inspiring Futures (IF) is a service for anyone under 25 years. It offers advice and support for young people worried about drug and/or alcohol misuse and family support through one-to-one interventions and group work including parenting programmes and information and advice sessions.

Email **Wakefield-IF@turningpoint.co.uk** for more information, or call **0300 123 1912**

WF Connect Cafes

Free WiFi and computer access across the district at our WF Connect Cafes.
Find your nearest here: **www.wakefield.gov.uk/children-and-families/information-and-support-for-families/wfconnect-cafes**

Other Useful Websites

Mothers and Others Guide: **www.mothersguide.co.uk/about**

Mumbler Antenatal Classes: **www.wakefield.mumbler.co.uk/pregnancy/antenatal-classes**

FAB Breastfeeding Peer Support: **www.familiesandbabies.org.uk/locations/wakefield**

Homestart website: **www.home-start.org.uk/home-start-wakefield-district**

NHS Weaning Recipe Ideas: **www.nhs.uk/start4life/weaning/recipes-and-meal-ideas**

First Steps Nutrition Trust: **www.firststepsnutrition.org**

Childcare and Early Years information: **www.wakefieldfamiliestogether.co.uk/early-years**

NHS Healthier Together website: **wyhealthiertogether.nhs.uk/**

Live Well Wakefield: **www.southwestyorkshire.nhs.uk/services/live-well-wakefield/**

Welcome to Wakefield website: **www.welcometowakefield.uk**

Emotional Health

Turning Point Talking Therapies Groups and Courses: **talking.turning-point.co.uk/groups-and-courses.html**

Help with Finances

Citizen's Advice: **www.citizensadvice.org.uk**

Cash Wise: **www.getcashwise.co.uk**

Christians Against Poverty: **www.capuk.org/get-help**

The Children's Health Service App

Want to get the latest information for parents and carers in Wakefield all in one place and direct to your mobile phone? This new app is crammed with helpful advice and local support from all the Wakefield Families Together partners. **www.hdft.nhs.uk/services/childrens-services/wakefield-0-19-service**

GET IT ON Google Play

Download on the App Store

Visit **wakefieldfamiliestogether.co.uk**

Funded by UK Government

BEST START IN LIFE

HEALTHY BABIES

wakefieldcouncil

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