

Nottinghamshire Best Start for life offer

A guide to local support and services



Draft 2024



...giving children the best start

Introduction

The first 1001 days of a child's life, from conception to age two, is a time of rapid growth and brain development, and the right foundations can make a big difference to a child's future.

Parents and carers across Nottinghamshire told us they would like more information on services and support available during this time. We have put together our local 'Nottinghamshire Best Start for Life offer' with information and support on key topics, taking you from conception to your baby's second birthday.

You can also find more information online
[Nottshelpyourself](#) | [Families Information Service](#)



Pregnancy



How to register a pregnancy



Healthy Start



Antenatal Checks Screening



A healthy pregnancy



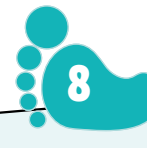
Baby Loss



Vaccinations in pregnancy



Children Centre Services/ Family Hubs



Free dental treatment



Bonding with your bump



Antenatal classes



Emotions during pregnancy



Keeping your baby safe



Dads & partners



Breastfeeding & infant feeding



Caring for your baby



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Pregnancy



How to register a pregnancy

Contact your GP surgery or midwife as soon as possible after you find out that you're pregnant.

Your first 'booking' appointment with your midwife should be around 8-10 weeks, with various appointments following this:

➤ Your antenatal appointments



Healthy Start scheme

It's best to start taking folic acid as soon as you start trying for a baby, or as soon as you find out you're pregnant to help prevent birth defects. In Nottingham and Nottinghamshire, anyone who is pregnant should be offered free vitamins. These will be provided by your community midwife.

If you're more than 10 weeks pregnant or have a child under 4, you may be entitled to get help to buy healthy food and milk:

➤ Get help to buy food and milk



Antenatal Checks & Screening

Your midwife will offer you various checks and some screening tests during pregnancy to rule out any health conditions that could affect you or your baby and to ensure you receive any treatment in a timely manner.

➤ Antenatal checks and tests

➤ Screening tests for you and your baby



A healthy pregnancy

Looking after yourself is important to ensure a healthy pregnancy and to reduce any risks and health complications.

➤ **Pregnancy - Start for Life** Sign up to Start4Life's weekly emails for expert advice, videos and tips on pregnancy and parenthood. For further information on pelvic health:

➤ **Pregnancy and Early Postnatal | POGP**

There are various local services available to support you if needed:

Alcohol & drug use

Your midwife can refer you into the service with your consent.

➤ Change Grow Live: **Nottinghamshire | Change Grow Live**
Tel: 0115 896 0798

Smoking

Your midwife can refer you into your local service. You can also get support via Your Health Notts.

➤ **Quit Smoking - Your Health Nottinghamshire**

Tel: 0115 772 2515 or by calling the NHS Pregnancy Stop Smoking advice line on 0300 123 1044

Healthy diet & lifestyle

➤ Your Health Notts: **Healthy Family Team - Your Health Nottinghamshire** Supporting families to make healthy food choices and create positive lifestyle changes.

Tel: 0115 772 2515



Baby Loss

Very sadly, some babies are lost during pregnancy, birth or shortly afterwards. This can be a heart-breaking and challenging reality for families. For further support and info on local services:

➤ **Nottshelpyourself | Baby Loss**



Vaccinations in pregnancy

Everyone who is pregnant is eligible for free flu, Covid-19 and whooping cough (pertussis) vaccines to protect you and your baby from these viruses.

➤ **Vaccinations in pregnancy**

To enquire about these contact your GP surgery or ask your midwife.



Bonding with your bump

It's never too soon to talk to, sing to and stroke your bump. From around 16 weeks your baby can hear and feel your voices. Talking to them helps their brain development and helps you all bond with your baby.

➤ **Nottshelpyourself | Start Talking Together: Pre-birth**



Free dental treatment

Those who are pregnant and have given birth in the last 12 months get free NHS dental treatment.

➤ **Find a dentist - NHS**



Children Centre Services/Family Hubs

During pregnancy, you might be interested in sessions at your local Children's Centre.

➤ **Find your nearest Children's Centre Service team
Tel: 0300 500 8080**

Children's Centres have lots of groups and activities open to everyone, such as Antenatal BABES, Antenatal PEEP, BABES breastfeeding support groups and stay and play sessions.



Emotions during pregnancy

Expecting a new baby can be a wonderful time but can also be very challenging. It is common for those who are pregnant and new parents to feel overwhelmed and experience some anxiety, worry, depression, stress and confusion. If this starts interfering with your daily life you should find it beneficial to speak to your Midwife, Health Visitor or GP to access some extra support.

➤ **Nottshelpyourself | Mental Health Before and After Baby**

➤ **Perinatal Mental Health Service | Nottinghamshire Healthcare NHS Foundation Trust**



Antenatal classes

You might find it helpful to attend some local antenatal education classes to help prepare for birth and beyond. Your midwife will be able to provide more information on the free sessions delivered by your hospital.

When you get to 28 weeks pregnant, you could attend the Children's Centre Service's Antenatal BABES sessions.

➤ **Find your nearest Children's Centre Service team |
Nottinghamshire County Council
Or telephone 0300 500 8080**



Healthy Family Team Antenatal Contact

The antenatal visit is offered to all parents to be by the health visiting service. It takes place from 28 weeks gestation to birth. This appointment may be offered within the family home, health care setting or by telephone and provides support for you and to look after your health needs until the birth of your baby.

➤ **Healthy Family Team Antenatal Visit**

➤ **Notts Healthy Family Teams
Healthy Family Team Advice Line: 0300 123 5436**





Keeping your baby safe

There are many baby products available but sadly not all of those that are marketed and sold are safe. The following may be helpful:

➤ **Child Safety Advice | Child Accident Prevention Trust**

➤ **The-Lullaby-Trust-Product-Guide-Web.pdf**

There are a number of steps you can take to make sure your baby sleeps as safely as possible and reduce the risk of sudden infant death syndrome (SIDS) which is commonly known as cot death:

➤ **Nottshelpyourself | Sleep**

Before your baby arrives and you purchase a car seat take some time to understand the law and advice:

➤ **In car child safety - Safety Seats, Boosters, Law and advice**



Dads & partners

Adapting to life with a new baby can be a challenge with up to 38% of new dads worrying about their mental health. DadPad gives top tips on how dads can support their partners to breastfeed, how to hold a new baby, what to do when your baby won't stop crying and lots more. You can download the

➤ app for free. **Nottshelpyourself | Dads**



Breastfeeding & infant feeding

Breastfeeding improves the health of both baby and mum, but it's not always easy. If you choose to breastfeed, a range of local support is available from your midwife, Healthy Family Team and via BABES groups at the Children's Centres

➤ **Nottshelpyourself | Breastfeeding**

You can also find information on responsive formula feeding:

➤ **Nottshelpyourself | Baby Feeding and Weaning**



Caring for your baby

Baby basics includes practical tips on everything from changing your first nappy to coping with lack of sleep:

➤ **Baby basics - Start for Life**

You can find more local information and support on caring for your baby:

➤ **Baby | Health for Under 5s**

➤ **Nottshelpyourself | 0-4 Years: Part of the Best Start for Life Offer**



Birth - 2 years



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Safer Sleep from day one



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...giving children the best start

Birth - 2 years

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Breastfeeding & infant feeding

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➔ **Nottshelpyourself | Breastfeeding**

You can also find information on responsive formula feeding: **Nottshelpyourself | Baby Feeding and Weaning**



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Safer Sleep from day one

The Lullaby Trust has lots of useful information about how to sleep your baby more safely.

➔ **How to reduce the risk of SIDS for your baby**

If you have any questions or worries about your baby's sleep, speak to your midwife or Healthy Family team and they will support you.

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Bonding with your baby (parent infant relationship)

It's great for both parents to have lots of skin-to-skin time across baby's first weeks. Holding baby close, soothing and cuddling makes them feel safe and secure. It also releases the hormone oxytocin which helps your baby's brain grow and develop.

➔ **Find out more about the science of cuddling**

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Healthy Family Team new birth review

You will see your midwife shortly after discharge before your care is handed over to the Healthy Family Team. By 14 days you will receive a new birth review from your Healthy Family Team Team.

➔ **Birth Visit video (Healthy Family Teams)**

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Registering your birth

Within 42 days of your baby being born, you are legally required to register the birth.

➔ **Register a birth | Nottinghamshire County Council**

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Healthy Start

Find out if you are entitled to get help to buy healthy food and milk.

➔ **Get help to buy food and milk**



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Vitamins

It is recommended that breastfed babies take vitamins from birth. Formula fed babies do not need them until they are drinking less than 500 ml of formula milk a day.

Vitamins are provided in many children's centre service/ family hub buildings. You can buy them at low cost or get them free if you are on the Healthy Start scheme.

➔ **Find your nearest Children's Centre Service team
Tel: 0300 500 8080**



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6 week health check

Your baby will be invited for a thorough physical examination. This is usually done by a GP. You should also be invited for a 6-8 week postnatal check to review your recovery and general wellbeing.

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Healthy Family Team 6-8 week review

Your baby will receive a complete physical examination including the newborn observation which links to how your baby communicates with you and how you can respond to promote sensitive parenting. There will be a review of feeding and time to address any concerns you may have.

➔ **6-8 Week Review**





Emotions after birth

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Having a new baby can be a wonderful time but it can also be very challenging. It's common for new parents to feel overwhelmed and experience some anxiety, worry, depression, stress, and confusion. If this starts interfering with your daily life you should speak to your Healthy Family Team or GP to access some extra support.

- **Nottshelpyourself | Mental Health Before and After Baby**
- **Perinatal Mental Health Service | Nottinghamshire Healthcare NHS Foundation Trust**



Start Talking Together (communicating with your baby)

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Parents strengthen the connection with their baby in lots of ways - gazing at them, holding them, smiling, talking and singing will entertain and engage your baby. There are lots of things you can do at home and out and about to develop your child's early communication skills. **Start Talking Together**

- **Start Talking Together**



Vaccinations

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Remember to book your baby in for their vaccinations to give them the best protection. These are offered for all babies, including those who are premature at:

- 8 weeks
- 12 weeks
- 16 weeks
- 12 months old

- **NHS vaccinations and when to have them**



Healthy early months

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When you're feeling tired, being active may seem like the last thing you want to do but regular activity can relax you, keep you fit and help your body recover after childbirth.

- **Keeping fit and healthy with a baby**
- Reducing your babies exposure to passive smoke will reduce various health risks and harm it can cause due to their less well-developed airways, lungs and immune systems.
- **Support to stop smoking Tel: 0115 772 2515**



Libraries

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Babies love books! It's free to join the library and borrow books with no overdue charges for children. Lots of libraries have excellent free and low cost sessions for babies and toddlers where you can spend quality time with your little one and meet with other parents in a welcoming environment.
inspireculture.org.uk
E: ask@inspireculture.org.uk
T: 01623 677 200.



Weaning

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Introducing your baby to solid foods, also referred to as weaning, starts when your baby is around 6 months old and showing the signs they are ready.

- **Weaning - Start for Life**
- Contact your local children centre to find out about weaning workshops: **0300 500 8080**
- Eating well: the first year. A guide to introducing solids and eating well up to baby's first birthday: **Infants & new mums – First Steps Nutrition Trust**



Looking after your babies teeth

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Start brushing your baby's teeth as soon as they start to come through. Use a baby toothbrush with a tiny smear of fluoride toothpaste.

- **Looking after your baby's teeth**



Childcare

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- Its good to start thinking early about childcare and exploring your options.
- To find local childcare visit: **Nottshelpyourself | Find Childcare** or call the advice line: **0300 500 80 80**
- To understand and keep up to date with changes in childcare funding visit: **Childcare Choices**



Safety in the home

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There are a number of things you can do to help keep your baby safe from accidents and to start preparing your home for when they will be on the move:

➤ **In-Home Child Safety – Good Egg Safety Guides**

➤ **Toddler | Health for Under 5s**



Healthy Family Team 1 year health & development review

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Your baby will be offered a review looking at, among other things, language and learning, safety, diet and behaviour.

➤ **8-12 month review**



Bookstart

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Bookstart is a national programme that gifts free books to every baby to inspire and create a love of reading that can give children a flying start in life. Every child in Nottinghamshire should receive a baby pack before they reach 12 months. Ask your health visitor if you haven't received yours yet, or collect from your local Inspire library

➤ www.inspireculture.org.uk/Bookstart



Healthy Family Team 2-2 ½ year health & development review

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This review will cover:

- general development, including movement, speech, social skills and behaviour, and hearing and vision
- growth, **healthy eating** and **keeping active**
- managing behaviour and **encouraging good sleeping habits**
- **tooth brushing** and **going to the dentist**
- **keeping your child safe**
- Vaccinations

➤ **2 Year Review video**



Special Educational Needs and Disabilities (SEND)

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If you are worried about your child's health and development speak to your Healthy Family Team Team or GP.

The Nottinghamshire SEND Local Offer is a guide to services and support for children and young people with special educational needs and disabilities (SEND) aged 0-25:

➤ **Nottshelpyourself | SEND Local Offer**



Toilet training (potty training)

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You may want to introduce sitting on the potty as part of your child's normal day when they're around 18 months to 2 years to start getting them ready. It's best to take it slowly, go at your child's pace and begin once they are showing some signs they are ready. **Nottshelpyourself | Toilet Training**

Contact your local children centre to find out about toileting workshops.
0300 500 8080



Additional information

Domestic Abuse

Pregnancy can be a trigger for domestic abuse, and existing abuse can get worse during pregnancy or after giving birth.

For local information & support see:

➔ **Domestic abuse and sexual violence support | Nottinghamshire County Council**

Housing, money, debt & benefits advice

We understand for many this is a challenging time, especially with a growing family. Find further support, information, advice and guidance to help you and your family, friends and communities:

➔ **Cost of living support | Nottinghamshire County Council**

Safeguarding

If you have any concerns over the safety of a baby or child please contact the Multi-Agency Safeguarding Hub here:

➔ **Safeguarding children - Multi-Agency Safeguarding Hub (MASH) | Nottinghamshire County Council**
Tel: 0300 500 80 80 (for any urgent concerns)

3 Hospital Trusts

➔ **Nottingham University Hospitals:**
Your pregnancy and birth | NUH
24 hour Maternity Advice Line: 0115 9709777

➔ **Sherwood Forest Hospitals:**
Maternity (1) - Sherwood Forest Hospitals

➔ **Doncaster & Bassetlaw Hospitals:**
Maternity - Doncaster and Bassetlaw Teaching Hospitals

➔ If you have received this but live in Nottingham City you can find your local offer here: **Start for Life | Early Help Nottingham**