



Walsall
Family Hubs

Supporting families to live happier lives

Walsall Best Start for Life

A booklet for you
and your baby

Sign
up to our
newsletter and visit
our website for all up to date
information on what's on including
groups and events and information
to help you and your family!



Website: [Walsall Family Hubs](https://www.walsall.gov.uk/familyhubs)

Email: Familyhubs@walsall.gov.uk

 [Walsall Families in the Know](#)



Funded by
UK Government


Walsall Healthcare
NHS Trust



Walsall Council

Welcome

Congratulations on your new expectant baby!

This booklet aims to offer families information and advice about the first two years of your baby's life.

Research has shown that the first 1,001 days of a child's life are crucial for their development and wellbeing and can have a significant impact on their future.

We want every child in Walsall to have the best possible start in life.

If you have a newborn, or are expecting, take advantage of our one-stop booklet, 'Best Start for Life', which has been collaboratively developed by a range of services such as; Health Visiting Team, Early Years Team, Speech and Language, Maternity, Early Help and Family Hubs.

This booklet includes all you need to know about the support available in Walsall throughout your baby's first two years. Discover local childcare options, support groups and services, breastfeeding help, first aid guidance and lots of more useful information to help you and your baby.



Check out our Early Years Newsletter:



Things to do with your children | Walsall Council

Check out our Facebook page [WalsallFamiliesInTheKnow](#) to keep updated on what's on offer.

A banner for 'Health for Under 5s' featuring the NHS logo, the text 'For healthy happy early years', and a photo of a family. It includes the website 'www.healthforunder5s.co.uk', social media handles, and contact numbers for ChatHealth and a single point of access.

Health for Under 5s NHS Walsall Healthcare NHS Trust

For healthy happy early years

www.healthforunder5s.co.uk

Follow us: @HVisitorWalsall

ChatHealth Text or scan the QR code to start a confidential chat with a health visitor. 07520 634909

Or call our single point of access number to speak to a health visitor. 01922 603074

We are a Monday to Friday day emergency service. Expect a response within 14 hours. For other help visit your GP or dial 111. In an emergency dial 999.

What are Family Hubs and where are they located in Walsall?

Walsall's four Locality Family Hubs provide a welcoming space where children, young people aged 0-19 and up to 25 for those young people with additional needs and their families can go to get advice and support when they need it. Our Family Hubs are in the heart of local communities where services have come together providing one 'front door' access to get help and to talk to someone in a safe space about sensitive things that maybe worrying them.

Family Hubs

North Locality Family Hub

Address: 275 Blakenall Lane, Blakenall, Walsall WS3 1HJ
Telephone: 01922 476698 | **Website:** www.walsallfamilyhubs.co.uk
Opening times: 9.00am – 5.00pm

South and Central Locality Family Hub

Address: Birchills Street, Walsall, WS2 8NF
Telephone: 01922 646574 | **Website:** www.walsallfamilyhubs.co.uk
Opening times: 9.00am – 5.00pm

West Locality Family Hub

Address: Ilmington House, Crescent Road, Wednesbury, WS10 8AE
Telephone: 01922 652959 | **Website:** www.walsallfamilyhubs.co.uk
Opening times: 9.00am – 5.00pm

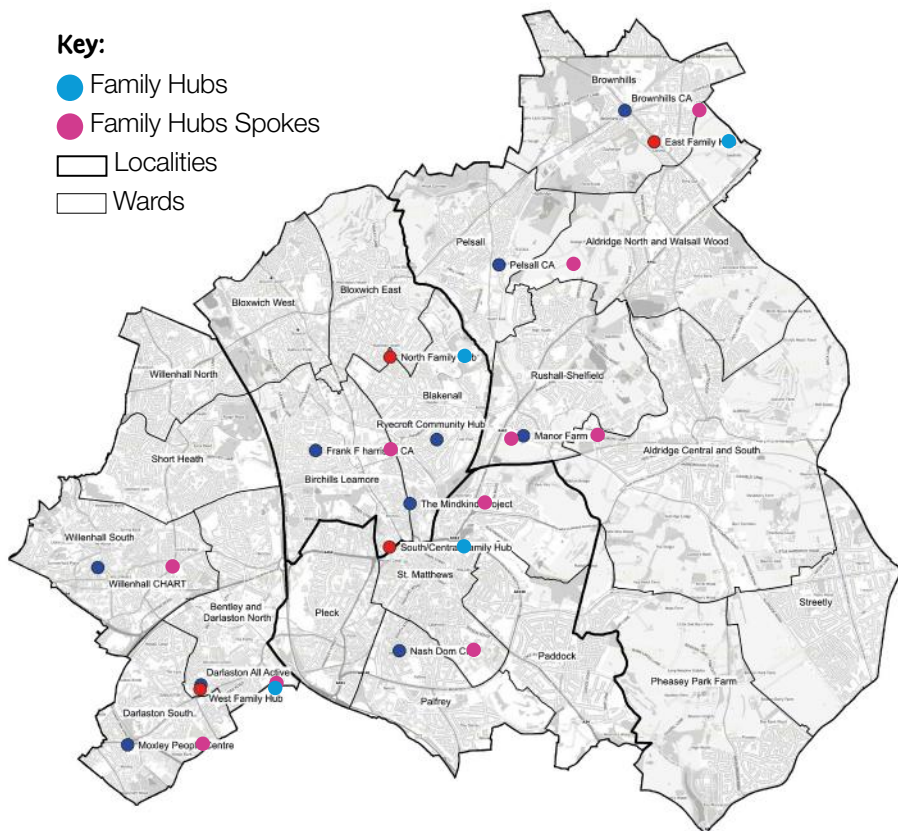
East Locality Family Hub

Address: Silver Court, Walsall, WS8 6HA
Telephone: 01922 658300 | **Website:** www.walsallfamilyhubs.co.uk
Opening times: 9.00am – 5.00pm

Family Hubs Walsall Borough

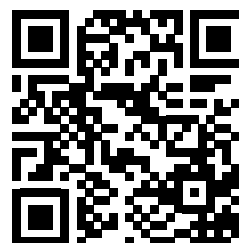
Key:

- Family Hubs
- Family Hubs Spokes
- Localities
- Wards



In addition to our Hubs Walsall also has 10 Family Hub spokes which are based in voluntary and community buildings across the borough. They are located in the heart of local communities and they offer free spaces / room bookings within their building to services and professionals working with children and their families in Walsall.

Scan here for more information:



Your Pregnancy journey

Being pregnant is an exciting journey for any family, however we understand there can be lots of unknowns and questions you may have! This booklet will help you to find out all the information you may need!

0-16 weeks of pregnancy

- 4-6 weeks – Complete your **Badgernet Self Referral Form** (It may take 1-2 weeks from completing your referral, to receiving an appointment)
- 7-10 weeks – Early Bird Appointment with a Maternity Support Worker plus offer to take booking blood tests with screening for **Infectious Diseases** and **Sickle Cell and Thalassaemia**
- 8-10 weeks – Booking Appointment with Community Midwife
- 11-14 weeks – First Trimester Ultrasound Scan plus offer of **First Trimester Screening**
- 16 Weeks – Community Midwife Appointment at your registered GP Surgery

29-42 weeks of pregnancy

Throughout the third trimester you will see your Community Midwife at:

- 31 Weeks (if this is your first baby)
- 34 Weeks
- 36 Weeks
- 38 Weeks
- 40 Weeks (if this is your first baby)
- 41 + 42 Weeks (if you have not had your baby yet)

You will be offered a **Membrane Sweep** at 40+ weeks & an **Induction of Labour** 10-12 days past your due date

When will I see my midwife?

First Trimester

Second Trimester

Third Trimester

Fourth Trimester

17-28 weeks of pregnancy

- 18-21 weeks – **Anomaly Ultrasound Scan**
- 25 weeks – Community Midwife Appointment – your MATB1 can be completed and your midwife will discuss the importance of monitoring your **Baby's Movements**
- 26-28 weeks – **Glucose Tolerance Test** (if required)
- 28 weeks – Community Midwife Appointment plus offer to take a blood test to check your blood levels, blood group and antibodies and offer an **Anti D Injection** if Negative Blood Group

All Community Midwife Appointments will be at your Registered GP Surgery – your midwife will complete an Antenatal Check and ask you for a Urine Sample

0-3 months postnatal

The day after you get home - a Community Midwife will come and see you in your home

- Day 3 – Feeding Support Home Visit (if you wish), you can also call our **Infant Feeding** team for support
- Day 5 – Postnatal Appointment at Hatherton Medical Centre plus offer to complete your baby's **Heelprick Test**
- Day 10-14 - Postnatal Appointment within Antenatal Clinic, Route 122

Between 14 and 28 days the midwife will discharge you and your baby to the care of your Health Visitor & GP

Walsall's antenatal classes

In Walsall we deliver a number of classes and sessions that you can access to support you ahead of your baby's arrival, helping you, your family and your baby connect throughout your journey to build a strong and loving relationship.

Please Scan here for more information about or womb to world workshop and Florence text service:



Useful website links & apps for pregnancy information:



Download the **FREE** Baby Buddy app on the app store or google play Store – now with an extra feature just for parents in Walsall!



Dads Pad can be downloaded via the app store or google play. It's the essential guide for dads, developed with the NHS.

- <https://www.nhs.uk/start-for-life/pregnancy/>
- <https://healthforunder5s.co.uk/pregnancy/>
- <https://www.walsallhealthcare.nhs.uk/our-services/maternity/>
- <https://www.walsallhealthcare.nhs.uk/our-services/maternity/health-in-pregnancy-service-hips/>

Top Tips

It's important to inform a health professional when finding out you are pregnant to start your new exciting journey, you can do so by completing an on pregnancy self referral here:



This new online process will reduce your waiting times, ensuring quicker access to vital maternity care.

For more information around pregnancy, keeping healthy, upcoming scans, birth options, Walsall's antenatal care and important contact numbers including midwives visit:



For more information on pregnancy and antenatal care in Walsall Scan here:



Your baby's journey

This section will help you know what to expect during these early weeks and months and to show how you can support your baby's learning and development, you can find out more at:

<https://www.walsallfamilyhubs.co.uk/>

0-3 Months

8-14 days: New Birth Visit with a Health Visitor in your home.

0 - 42 days: Register your child's birth -

- 0 to 4 weeks: It might appear to you that I can only eat, sleep and poo but I'm already developing social and communication skills. I watch you watching me and I love hearing you talk to me.
- 4 to 8 weeks: My vision is becoming clearer and I am becoming stronger and more vocal. I can be frightened by sudden noises.
- 6 weeks: Development review for your baby with a Practitioner from Health Visiting in a clinic setting or at home and Postnatal check with your GP.
- 8 weeks: Immunisations.
- 8 to 12 weeks: I am getting stronger and my movements are getting smoother. Keep putting me in a variety of different positions to help me discover the world around me. Talk to me and I will try to copy your facial expressions.



4 - 5 Months

- 12 weeks: Immunisations.
- I am beginning to develop and use my tummy muscles. I am curious about what my legs can do and want to be held in a standing position.
- You will start to see changes in how I react to others. I might start to appear shy or upset around people I don't know so well.
- I love to listen to your stories, songs and rhymes. I will stop and listen to your voice even when I can't see you.
- 16 weeks: Immunisations.
- Breast milk or first-stage infant formula provides me with all I need until I am six months old.



6 - 8 Months

- I am developing more control over my hands and am starting to use them more effectively. I can reach out for something and grab it without missing. I am starting to sit up.
- I like to put things in my mouth and dribble a lot. I like to have you near me and I am getting stronger every day.
- It's time for me to try my first solid foods. Let me try a variety of foods and let me make a mess. Show me that eating is fun

Did you know?

You can now register your baby's birth within our Family Hubs



You need to register your newborn baby within 42 days of birth? You can register your baby by scanning here:



9- 12 months

- 9 months: Development review for your infant with a Practitioner from Health visiting in a clinic setting or at home.
- I'm starting to find my feet and explore the world from new heights. This is a very hectic stage and I will move faster than you think, so be prepared!
- I am starting to understand everyday words in my daily routines like 'clap hands' and 'up'. You might hear me starting to babble and say strings of sounds together.
- 12 months: Immunisations



13- 18 months

- I am keen to try to do things for myself, like dressing and feeding. Please be patient!
- We can all eat the same foods now, so let's enjoy meals together.
- I might be getting quicker and steadier at walking, or I might only just be starting to take my first independent steps. Remember that's okay as each of us develop at a different rate
- I am starting to talk and recognise words, repeat words to me I will not get bored.

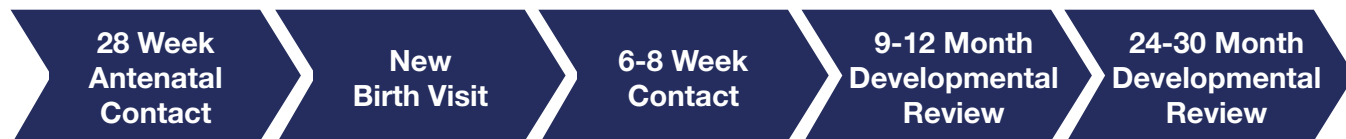


19- 24 months

- I can make you understand what I need and want. I can ask for food, drinks and toys. Teach me to say please and thank you. I can understand simple words and follow basic instructions, such as 'Get your shoes, please'.
- I am getting faster and will run and jump. I like the stairs and to explore. I like to build and kick a ball and throw things.
- 24 months: Development review for your toddler with a Practitioner from Health visiting in a clinic setting or at home.

Childrens health visits and baby weighing

When will I see my health visiting team



Health visitors work with all parents to assess the support they need and develop appropriate programs to help give the child the best possible start in life.

They support and educate families from pregnancy through to when your child starts reception class.

Did you know?

You can contact your Health Visiting Team by scanning here:



Support in Pregnancy



Premature Babies and Medical Needs



Early intervention to support positive health outcomes for families when experiencing difficult times



Support with Children in a care setting



Support for families in temporary accommodation, asylum seekers, no recourse to public funds, refugees, migrants and the travelling community.



Support for families of children with additional needs and special educational needs

Feeding your baby

Feeding your baby is a chance to get to know them and help develop a close and loving bond. This can sometimes come with challenges! In Walsall we have lots of top tips and services that can help you on this journey.

Walsall Infant Feeding Team offer a range of services and support to all expectant and new parents.

To access support
videos or to contact Walsall's Infant
Team Scan here:



Did you know?

Your baby should have only breast milk or first stage infant formula for the first six months.



Did you know?

Dads pad offers a range of support to new and expectant fathers on feeding and baby bonding?

Download today on google play or via the app store

Did you know?

"Not all babies burp after every bottle and that's ok!"

Top Tips

- Skin-to-skin contact can help if your baby needs comforting or calming. It can also help boost your milk supply.
- Don't force your baby to 'finish the bottle', let them show you how hungry they are.
- Babies go to the breast for milk and for comfort, pain relief and to help them go to sleep.
- Responding to your baby with love and cuddles helps them grow up to be happy and independent.



Introducing solid foods to your baby

Introducing your baby to solid foods should start when your baby is around 6 months old and development is ready.

At the beginning, how much your baby eats is less important than getting them used to the idea of eating.

They'll still be getting most of their energy and nutrients from milk feeds.

Give your baby a variety of foods, alongside milk feeds, from around 6 months of age will help set your child up for a lifetime of healthier eating.

Gradually, you'll be able to increase the amount and variety of food your baby eats until they can eat the same foods as the rest of the family, in smaller portions.



Where can I get support and advice?

Scan here to watch a video or visit:
<https://vimeo.com/794595496/30ecc7faee>



Take a look at some useful websites;

- <https://www.firststepsnutrition.org/eating-well-early-years>
- <https://www.nhs.uk/start-for-life/baby/recipes-and-meal-ideas/>
- <https://www.nhs.uk/conditions/baby/weaning-and-feeding/babys-first-solid-foods/>
- <https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/>
- <http://www.walsallhealthychild.co.uk/solids.html>

You are welcome to come along and join us at one of the Local Family Hubs where a member of the infant feeding service we be available to answer any questions and support you through this exciting stage in your baby's feeding journey to book your place email us at familyhubs@walsall.gov.uk

Weaning your baby

As you start weaning your baby, they may be at risk of choking for information on tips and what to do.

Scan here:



Healthy Teeth

From brushing their first tooth to their first trip to the dentist, here's how to take care of your children's teeth.

A regular teeth-cleaning routine is essential for good dental health.

Follow these tips and you can help keep your kids' teeth decay-free.

Children aged up to 3 years

Take a look at <https://www.nhs.uk/live-well/healthy-teeth-and-gums/taking-care-of-childrens-teeth/> or scan QR code:



Are you pregnant or have children under the age of four?

You could qualify for the Healthy Start scheme to help you buy food, milk and get free Healthy Start vitamins.

Find out if you're eligible here:

- <https://www.healthystart.nhs.uk/how-to-apply/> or scan QR code:



- Start brushing your baby's teeth as soon as the first milk tooth breaks through (usually at around 6 months, but it can be earlier or later).
- Parents or carers should brush the teeth.
- Brush teeth twice daily for about 2 minutes with fluoride toothpaste.
- Brush last thing at night before bed and on 1 other occasion.
- Use children's fluoride toothpaste containing no less than 1,000ppm of fluoride (check label) unless a dentist advises family toothpaste containing between 1,350ppm and 1,500ppm fluoride.
- Use only a smear of toothpaste.
- Make sure children don't eat or lick toothpaste from the tube.
- Smear of toothpaste

“ Toothbrushing tips

It's important to use a fluoride toothpaste, as this helps prevent and control tooth decay.



Keeping your baby safe

Your health visitor will give you advice and support to help you care for your new baby. Here are some of the most important things to remember

For
top tips and
information on safe
sleeping scan QR code:



Safe Sleeping

It's important to create a safe environment to help you and your baby get as much rest as possible.

Things you can do:

- Always place your baby on their back to sleep at the foot of the cot.
- Make sure no one smokes in your home during your pregnancy and after the birth, even when your baby is asleep in a different room.
- Place your baby to sleep in a separate cot or Moses basket and keeping these clear.
- Make sure they are in the same room as you, day and night, for the first six months.
- Use a firm, flat, waterproof mattress in good condition. Things which can be dangerous:
- Sleeping on a sofa or in an armchair with your baby.
- Sleeping in the same bed as your baby, especially if you smoke, drink or take drugs, are extremely tired, or if your baby was born prematurely or was a low birth weight.
- Letting your baby get too hot.
- Covering your baby's face or head while they are sleeping.
- Loose bedding or toys in babies cot or moses basket



**Lie your baby on their back
at the foot of the cot**



Keep the cot clear



**Use a firm, flat,
waterproof mattress**



**Keep your baby
smoke-free**



**Avoid your baby
overheating**



**Sleep your baby in the same
room as you for at least the
first six months**

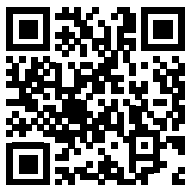
Safety

It might seem a long way off now, but it won't be long before your sleepy, newborn baby can wriggle, kick, and roll over.

Babies and children often have accidents because they develop so quickly. It is important to stay one step ahead by thinking about the accidents that might be associated with their new skills and how to prevent these.

Things you can do to avoid accidents:

- Change your baby's nappy on a changing mat on the floor.
- Do not leave your baby unattended on a bed, sofa or changing table, even for a second, as they could roll off.
- Keep small objects and plastic bags out of your baby's reach and be careful if older children have toys with small parts.
- If you're having a well-deserved hot drink, put it down out of reach before you hold your baby. A hot drink can still scald 15 minutes after it was made.
- At bath time, run cold water into the bath first, and then add some hot water. Test the temperature of the water with your elbow. Never leave your baby alone in the bath, even for a moment. For lots more information on how to protect your baby or toddler from some of the most common accidents as well as tips on car safety and keeping your baby safe in the sun, please visit: bit.ly/NHSBabySafety or scan here:

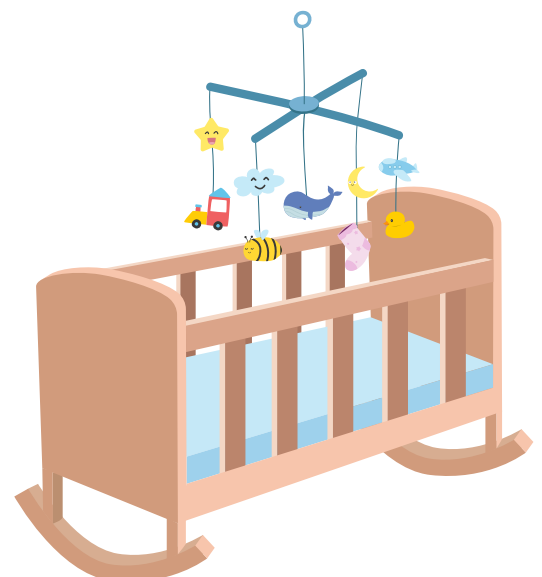


Babies can cry for different reasons like when they are hungry, wet/dirty or if they are unwell. Sometimes babies can cry for no particular reason.

Always remember **ICON**:

- **I**nfant crying is normal and it will stop.
- **C**omfort methods will sometimes help and the crying will stop.
- **O**K to walk away for a few minutes to calm down if the baby is safe and the crying is getting to you.
- **N**ever ever shake or hurt a baby.

For more information scan here:



Ask me what to do if your baby is choking

1. Slap it out

- Lay your baby's face down on your thigh and support their head.
- Give up to five blows between their shoulder blades.

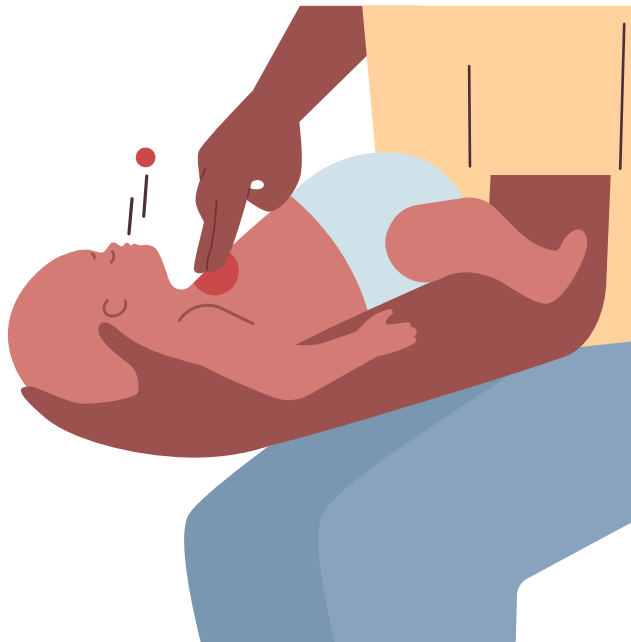


2. Check their mouth

- Carefully pick anything out.

3. Check their mouth

- Lay your baby on your thigh face up.
- Using two fingers. Give up to five chest thrusts.
- Check the mouth. If the obstruction hasn't cleared call 999/112 for emergency help.



4. Call 999/112

- Take your baby with you and call **999** or **112**.
- Repeat the above steps until help arrives.

Keeping you and your baby well

Screening



Screening You will be offered newborn screening tests for your baby soon after they are born. The results from these tests can help make sure that your baby is given appropriate treatment as quickly as possible, if needed. You will be offered a newborn hearing test and the newborn bloodspot test, which checks for nine rare but serious health conditions. You will also be invited for a physical check of your baby at six to eight weeks with your GP. If your baby did not have their hearing test in hospital, you will be contacted about having an appointment locally. Speak to your health visitor for more information

Immunisations



Vaccinations are offered free of charge in the UK – just book your appointments with your GP and speak to your health visitor if you have any questions. The first routine vaccinations for babies are due at eight weeks. Remember, as well as protecting your own baby, you're also protecting other babies and children by preventing the spread of diseases.

Register your baby at a GP in Walsall



It's important to register your baby with a GP as soon as possible in case you need their help. You can contact your GP at any time, whether it's for you or your child. If your baby is not yet registered with a GP but needs to see one, you can receive emergency treatment from any GP surgery. If you're worried your baby is ill, you can find advice at www.nhs.uk/conditions/baby/health. New mums will also be offered a postnatal check with their GP six to eight weeks after the birth to make sure they feel well and are recovering from giving birth. For more information, visit bit.ly/NHS6WeeksCheck

Are you worried about your mental health



It's completely normal to feel this way when you have a new baby, but it's important to get support if you need it. There are lots of services that can support you in confidence and without judgement. You can find these on the Perinatal Services website, at Perinatal Services: Black Country Healthcare NHS Foundation Trust Please speak to your health visitor if you are having feelings of anxiety or low mood that you cannot manage, or that make looking after your baby difficult

Where can I go with my baby?



It's great to meet with other parents and carers find out what groups are running in your local area including baby groups, baby play and explore, and baby massage. All of these sessions will support your baby's development and help you communicate and bond with your baby. Find activities and sessions by downloading the 0-5 newsletter at <https://go.walsall.gov.uk/children-and-young-people/early-help/early-help-parents/things-do-your-children> or scan here.



For more helpful information on caring for your baby, please visit:
www.nhs.uk/conditions/baby

Parenting: how to give the best start in life

Did you know you can get parenting support?

Being a parent or carer is a wonderful and rewarding experience, but it's not always easy. Babies, children and young people can test us all at times. You can contact the parenting team for further advice and guidance on: **EarlyHelpParentingTeam@walsall.gov.uk**
Phone: **01922 423349**

You
can download
our tip sheets on:

<https://go.walsall.gov.uk/children-and-young-people/early-help/early-help-parents>
or scan the QR code



Free online courses for all parents, carers, grandparents and teens

Nurturing emotional health and wellbeing from bump to 19+ years

Walsall Council has partnered with the Solihull Approach to offer free access to expertly designed online courses for parents, carers, grandparents and teens living in the region.

Sign up to understand your child's feelings, as well as your own, as you go through life as a family. Learn to understand the changes in your child's development and how to support them, whilst also strengthening your relationship.



inourplace.co.uk/walsall

“
Because we are committed to supporting our children to thrive and we all need a bit of headspace and thinking time occasionally.”



Becoming a parent is a wonderful experience and there are times when you can feel worried or stressed due to a variety of factors.

It happens to **over 55%** of couples so don't worry.

Babies, even when in the womb can react to arguments and within the first few months after birth can learn very quickly to respond to adverse condition to keep themselves safe.

All couples must deal with difficult subjects, it's part of life, it's part of growing as a family, and children will learn to constructively communicate if they witness it for themselves.

However, when arguing is: **Regular - Intense and - Unresolved**

It can put children at risk of poor educational, mental health and relationship outcomes.

Within Walsall, The Family Hubs are ideal for you to come in and ask for help. There are various apps, interventions, and courses to sign up to, along with more informal sessions designed to support parents, show that you are not alone and give parents strategies to be able to argue in a way where things get resolved. For your children's sake and for your own wellbeing and relationship do ask for help at the earliest opportunity.

Top Tips

If you find that discussions between you and your partner turn into arguments, there are a few things you can do to help resolve things.

- Listen to each other, give each other time to speak.
- Talk about how things make you feel.
- Show appreciation to each other, it makes difficult conversations so much easier to have.
- Try to remain calm, but if you feel like you are about to blow, take time out but come back and try again.
- Name calling, mockery, ill thought-out humour never resolves arguments.
- Remember your arguing affects your child.
- Try to remember a time when you resolved things. How did it happen. Think if you can use the same techniques again.
- It is ok to agree to disagree sometimes, or say sorry, or compromise.



Your baby's early learning and development



Play

Play is very important to your child's development. It supports their learning and emotional development. Your child can develop many skills through regularly playing and engaging in playful experiences with you and others. This will develop their language skills, emotions, creativity and social skills.

There is a range of 'stay and play' sessions taking place across the borough, where you can meet other families and professionals who will support you to support your baby's learning. You can find full details in our Newsletter -

Things to do with your children | Walsall Council or scan here.



Copy your child and add a bit more

This helps your child learn how to say longer sentences. For example, your child says "car", you say "Car. Big car."



Get face to face

Get down to your child's level, or bring them up to you. This will help them to track your mouth movements, keep eye contact and hold their attention on you for longer. This helps them notice and learn about facial expressions and body language.



Pause and give your child time to respond

When you talk to your child give them lots of time to respond. This is the same whether making babbling noises with your baby or using real words. They may respond with a look, a sound, a gesture or a word.



Follow your child's interests

Babies and young children are more likely to learn new things when you follow their lead. Your child will listen to you more and they will know you are interested in them

Top Tips for communications with babies and young children



Say it again and again

Babies and young children like repetition and learn by copying. It helps them work out what words mean. Nursery rhymes are also helpful for building repetition into your child's day.



Talk about what you are doing and what your child can see

Narrating what is happening can help your child learn new words and understand their meaning. This can be during daily activities such as when changing a nappy, having a bath or feeding, as well as when playing together



Reduce the number of questions

Try to avoid asking your toddler lots of questions about what they are doing in their play. This could get overwhelming and they might struggle to answer. Instead, try using statements to describe what's happening. For example, you could say "You have 3 teddies", instead of, "How many teddies have you got?" This will help your child learn new words and develop their understanding of sentence structure.



Play listening and sound games

Switch off the TV and music so your child can focus on your voice. Make babble sounds for them to listen to. Change your intonation and volume to make your voice more interesting. Play with musical instruments, such as shakers and bells. When there is a noise in the environment, such as the doorbell or a car, point it out and label what made the noise "I hear the doorbell"



Give choices

For example: "Do you want apple or biscuit? Apple? Here's your apple" This gives your child the words they need and helps them think about what they want to communicate. They may look at or point to an object or say a word to show you what they want.



Spend special time together

When it comes to communication and interaction, you are your child's most important teacher. Find at least ten minutes special time every day where you turn off other distractions, such as the TV, music and your phone, get down to their level and play. Try to use the tips shown above. Have fun and cherish the bond you are building with each other.



Did you know?

The first 1001 days of your baby's life is a crucial time for your little one's brain development. This starts from the moment they are conceived. There is a lot you can do to help your child learn through play and everyday life;

Tiny Happy People

Take a look at **Tiny Happy People**. Explore simple activities and play to help you develop your children's early language and social skills. For more information visit;

<https://www.bbc.co.uk/tiny-happy-people>

Story and Rhyme Sessions

Libraries are a great place to visit with your child. You can find lots of great events, information and support at the libraries, including free **Story and Rhyme sessions**. These are perfect for babies and toddlers, and are held throughout the week.

<https://go.walsall.gov.uk/walsall-libraries>

Bookstart

Bookstart is the first national books for babies programme in the world. The aim is to provide every child aged four and under with two free Bookstart packs to promote to parents and carers the idea of reading and a lifelong love of books. Bookstart Baby is available for babies aged up to 12 months

Easy Peasy App

Download the **Easy Peasy App** for easy to access ideas and information to help you support your child's communication, play and social skills. Visit your google play or other app store on your phone to download it. The app is free for all families in Walsall.

Download the Easy Peasy App:

To download the app please Visit your app store or google play store. The app is free for all families in Walsall.

Support Your Child's Development For Free

Download the EasyPeasy app and discover the best tips and activity ideas, personalised for you and your 0-5 year old shared by our community of parents and experts.

Scan to join



Walsall Council

easypeasy



Walsall Family Hubs
Supporting families to live happier lives

Download on the
App Store

GET IT ON
Google Play

Childcare

Are you looking for childcare in Walsall?

Childcare is expanding to support parents to return to work and help to grow the economy by making childcare more accessible.

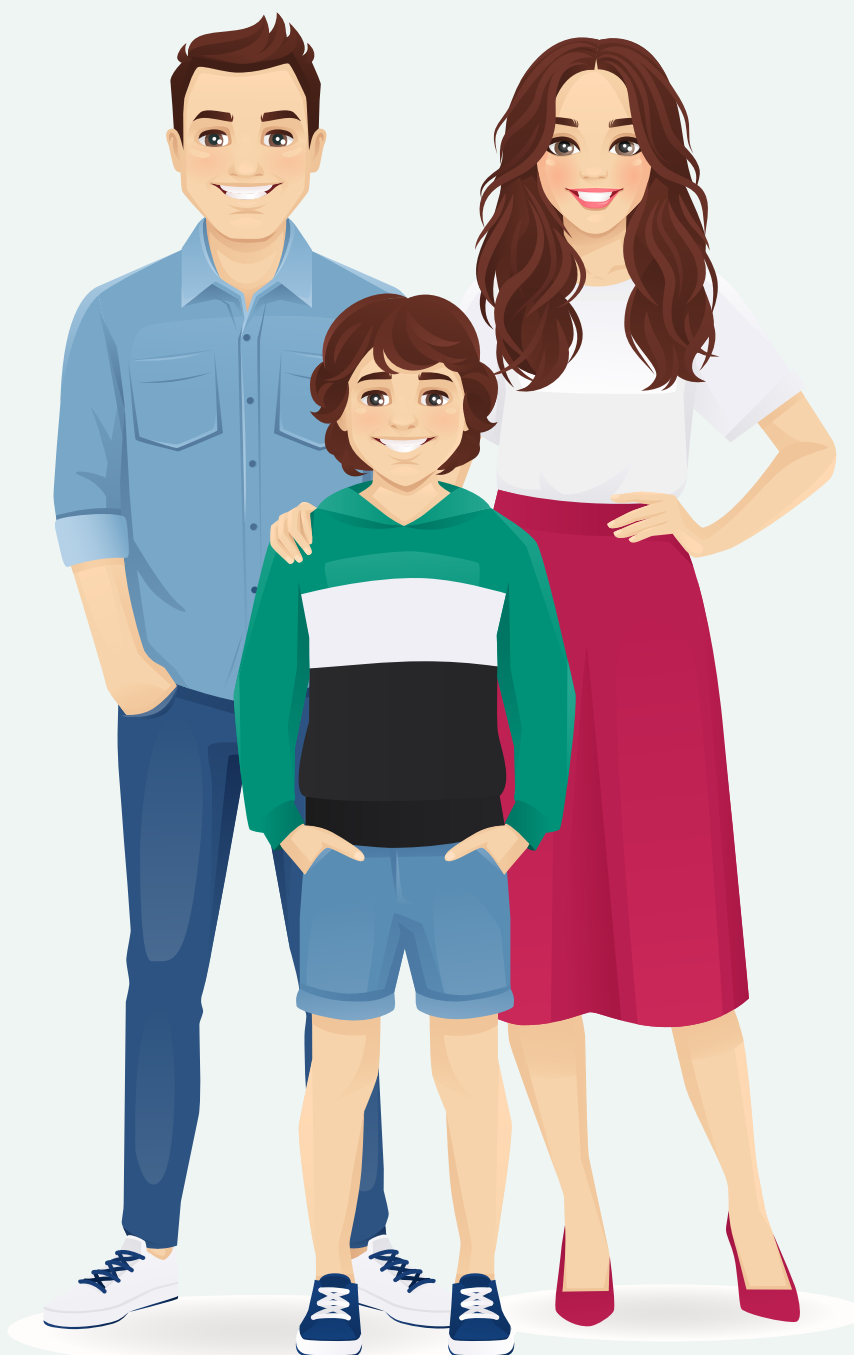
If you have a child under 5 years old, please visit:

<https://www.childcarechoices.gov.uk/> to check if your eligibility and to make an application.

For further information you can also visit: **<https://www.mywalsall.org/fis/>**

To discuss your Walsall childcare options call Family Information Service on **01922 653383**.

For more
information on
childcare scan here:



Further help and support in Walsall

Support Available in Walsall	How to get in touch?
What groups are on for me and my baby?	Check out Walsall Early Year Newsletter - https://go.walsall.gov.uk/children-and-young-people/early-help/early-help-parents/things-do-your-children
Walsall Family Hubs	Walsall's 4 Locality Family Hubs provide a welcoming space where children, young people aged 0-19 and up to 25 for those young people with additional needs and their families can go to get advice and support when they need it, our Family Hubs are in the heart of local communities where services have come together providing one 'front door' access to get help and to talk to someone in a safe space about sensitive things that maybe worrying them. Check out https://www.walsallfamilyhubs.co.uk/ or Familyhuns@walsall.gov.uk
Maternity	https://www.walsallhealthcare.nhs.uk/our-services/maternity/
Health Visiting service	Please get in touch single point of access number is 01922 603074 if you wish to speak to a Health Visitor.
Chat Health	ChatHealth is a confidential, secure text-messaging service run by Walsall Healthcare NHS Trust for parents of children aged 0-5 years. The service operates from Monday to Friday, 9.00am-4.30pm, excluding Bank Holidays. All texts are responded to by a Health Visitor within 24 hours. You can find out more information on the service via their webpage. Text: 07520 634909 Website: https://healthforunder5s.co.uk/walsall/services/specialist-support/text-a-health-visitor/
Citizens' Advice	Citizens' Advice offer free, confidential, independent and impartial advice on a range of topics, including benefits and legal issues. As well as their telephone helplines (see below), they also offer face-to-face meetings at their local offices: https://citizensadviceandwell-walsall.org/local-offices/ and via their mobile advice unit service: https://citizensadviceandwell-walsall.org/get-help/mobile-advice-unit/ . Telephone: Advice Line: 0808 278 7812 Debt Helpline: 0800 240 4420 Website: https://citizensadviceandwell-walsall.org/
Food Banks	Do you need help with the cost of living? Find your local foodbank here: https://go.walsall.gov.uk/benefits/help-with-bills-and-debt
Housing	You can find out all your housing queries here, homelessness, social housing, help with saving energy and help to find a home here: https://go.walsall.gov.uk/housing
Employment - Walsall Works	Walsall Works is an award winning initiative funded by Walsall Council to support local people to find jobs, apprenticeships and access training, while also supporting local businesses that are looking to expand and invest in their future workforce. https://go.walsall.gov.uk/walsall-works
Young Carers	Who is a young carer? A child or young person under the age 18 who provides regular and on going care and emotional support to a family member who is physically or mentally disabled or misuses substances. There is help available for young carers in Walsall including a young carers assessment, ID cards, leisure cards, young carers champions and Walsall young carers group. To find out more follow the link https://go.walsall.gov.uk/children-and-young-people/early-help/early-help-children-and-young-people/young-carers

Support Available in Walsall

How to get in touch?

Volunteer opportunities

We have a volunteering scheme and opportunities for parents, carers, children and young people to join Early Help forums. This helps us to shape the future of our service together. We strongly believe and advocate the power of co-production and encourage you to get involved. To find out more about becoming a Early Help Volunteer follow this link <https://go.walsall.gov.uk/children-and-young-people/early-help/early-help-professionals/early-help-volunteers>

If you wish to speak further about becoming an Early Help Volunteer please email EarlyHelpVolunteers@walsall.gov.uk

Special Education Needs and Disabilities (Local Offer)

Find out about help available for children and young people (aged 0-25) with special educational needs and disabilities in Walsall. This is called the Local Offer.

<https://send.walsall.gov.uk/>

Domestic abuse

If a family member, partner or carer hurts, threatens, or tries to control you, or you don't feel safe in your community, there is confidential support and advice available. <https://go.walsall.gov.uk/children-and-young-people/early-help/early-help-children-and-young-people/domestic-violence-and>

National Domestic Abuse Helpline: **0808 802 5565**

Alcohol and Drug Misuse

If you feel you are struggling with alcohol or drug misuse, don't go through it alone. It's important for you and your family that you get the support you need. Change Grow Live can support you with a range of services in a safe and confidential space.

<https://www.changegrowlive.org/the-beacon-walsall>

Stop Smoking

Walsall has its very own app to support you to stop smoking, find out more here: <https://www.mysmokefreelifewalsall.co.uk/>

Childcare

To discuss your Walsall childcare options call Family Information Service on **01922 653383**

For other types of childcare funding support visit: www.childcarechoices.gov.uk for more information

Early Help

Visit the website for information on Walsall Council's Early Help resources to support children and families who may need extra help with a whole range of individual, social, health and educational concerns. Support is provided to the whole family, to ensure the right help at the right time is available.

Take a look:

<https://go.walsall.gov.uk/children-and-young-people/early-help>

0300 555 2866 opt 1 or email EarlyHelpLeadProfessional@walsall.gov.uk

Parenting Support

We have lots of parenting information available on for families on our website take a look at <https://go.walsall.gov.uk/children-and-young-people/early-help/early-help-parents/parenting-support>

Need Help accessing Walsall council services?

Walsall Connected offers in person digital upskilling, general advice and signposting to ensure residents can get the help they need at a local community partner or library.

Visit one of our Walsall Connected centres - <https://go.walsall.gov.uk/people-and-communities/walsall-connected-get-help-get-online>

This a government funded initiative

You can discover groups for 0 – 2 years in Walsall by visiting Walsall Family Hubs website or follow us on facebook

If you organise or manage a group, we would be happy to showcase your contact details on our directory and newsletter please get in touch familyhubs@walsall.gov.uk

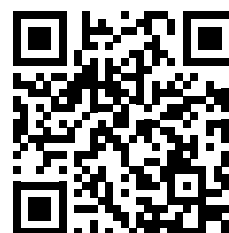
The information included in this booklet is delivered to be accurate at the time of printing, However circumstances may change after printing. For up-to-date information please visit our website.



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