

If we think you need some extra help

If you have other services that are supporting you such as Early Help, mental health team, child or adult social care, your midwife and health visitor will work as part of this team to ensure you and your baby are supported in the best way possible.

If at any time during your pregnancy or after your baby is born the health professional working with you has worries that you and your baby may need some extra support that cannot be provided within the Family Hub network, they will discuss this with you, and with your consent submit a referral to the Hartlepool & Stockton on Tees Children's Hub, working with them to identify the best support for you and your family

If we have safeguarding concerns about your baby

If you have other services that are supporting you such as Early Help, mental health team, child or adult social care, your midwife and health visitor will work as part of this team to ensure you and your baby are supported in the best way possible.

If a professional working with you thinks that your baby or child may be at risk of serious harm, they will follow their safeguarding children process and will always aim to discuss any referral with you first so that you understand their concerns and reasons for this. This would always be with the best interests of your baby or child in mind, and with the aim of working with you to give support to enable you to be the best parent you can be, ensuring your child is safe and able to grow and develop.

Hartlepool Start for Life

www.hartlepoolnow.co.uk

Contact

 www.hartlepoolnow.co.uk  FamilyHubs@hartlepool.gov.uk

 01429 292 444 **Hartlepool and Stockton-on-Tees Children's Hub** – 01429 284284



Hartlepool Family Hubs Start for Life

Welcome to Hartlepool Family Hubs. If you are thinking of starting a family, are pregnant, your baby has arrived and is 2 years and under, call into one of our Family Hubs.

You will be able to speak to staff, parent volunteers, meet other parents and carers, find out about the wide range of activities and services available across Hartlepool. There are a range of face to face and online activities and support services available.



Before you are pregnant

We can give advice around topics such as supplements you should take to help you have a healthy pregnancy, the benefits of not smoking or drinking alcohol and being

a healthy weight. We can answer any queries you may have, which may include advising you to get support from other services such as your GP.

Your Family Hubs

Our Family Hubs have excellent links with community midwives and some of your ante natal appointments may be held in the Family Hubs. Your Community Midwives will inform your Health Visitor that you are pregnant, and you will be invited to attend our ante natal Pregnancy, Birth & Beyond information sessions which are run jointly by midwives and health visiting teams. You are welcome to attend these sessions with your partner, a person from your support network, or by yourself.

Between 28 and 38 weeks of pregnancy, your Health Visitor will offer you an ante natal visit which will give you time to get to know each other before baby arrives. Your Health Visitor will offer support and advice around taking care of yourself and your family, including your emotional health, bonding with your baby, encouraging your baby to develop and grow, and keeping your baby safe. Health Visitors are qualified nurses who have undertaken additional specialist training for their role. They work with the whole family and look forward to meeting partners and family / friends who support you.

When your baby has been born

Community midwives will support you in your home or in the Family Hubs once your baby is born. They will check that your body is recovering as expected in the weeks following birth, whether you are feeling emotionally well in yourself and offer support including with feeding your baby. They will check baby is developing as expected and offer advice around baby's health such as their weight and general health.

Your health visitor can help you and your baby with...

- Physical health and immunisations advice
- Safe sleep advice
- Emotional wellbeing and mental health
- Infant Feeding
- Support to dad/ partner
- Weigh your baby
- Environmental factors such as pets, alcohol use and relationships
- Bonding

Your new birth visit

At this visit your Health Visitor will help you with everything above, tell you when your next planned appointment with them will be, ensure you have their contact number, and give you details of your Family Hub and Community offer. We have healthy child clinics, infant feeding groups, baby weaning, stay and play sessions, and lots more. These sessions will be run by members of your Family Hub network such as infant feeding support workers, community nursery nurses, family support workers, voluntary and community sector.



Your child's first 2 years

Our Public Health Staff Nurses and Community Nursery Nurses work closely with Health Visitors and you are likely to meet them during the early years of your child's life.

There will be a number of times in your child's early years that you will have contact with your health visitor:

6 - 8 week appointment with your Health Visitor and your post natal check with your GP. Your baby's first immunisations

9 - 12 months - your baby's development check

2 - 2.5 years - your child's development check



You can contact your health visitor at any time you need any extra help. Your child will transfer to a school nurse when they are school age