

# Help to give your baby the best start in life



Bristol  
**Family**  
**Hubs**

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Documents available in other formats

You can request alternative formats of this document by contacting: [Family.Hubs@bristol.gov.uk](mailto:Family.Hubs@bristol.gov.uk)

# Introduction

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We know the first two years of a child's life are vital and that during this period a baby's experiences can shape their lifelong physical and emotional health.

Parenting can be a daunting task and we know that all families will need some help. The more help we can give you early on, the better.

Included in this booklet is a range of support to help you as a new parent, and to help your child get a great start in life.

➤ To find out more about anything included in this leaflet, visit [www.bristol.gov.uk/bristol-family-hubs](http://www.bristol.gov.uk/bristol-family-hubs)



Did you know? 90% of brain growth happens before the age of 5!

# Bristol Family Hubs



## Family Hubs

Open to those who are pregnant and families with children aged 0 to 19 (or young person aged up to 25 with special educational needs and disabilities).

Family Hubs host **Start for Life** activities for those who are pregnant and those aged 0 to 2 years.



## Family Hub Navigators

Navigators are based within communities.

They can offer guidance and connect you with the help you need.

Bristol's Family Hubs bring together support for families and children to help people overcome difficulties and build strong relationships.



### Family Hub Campus

The Campus complements our Family Hubs.

You can get support from other places within the community at all stages of your child's development.

### Digital Family Hub

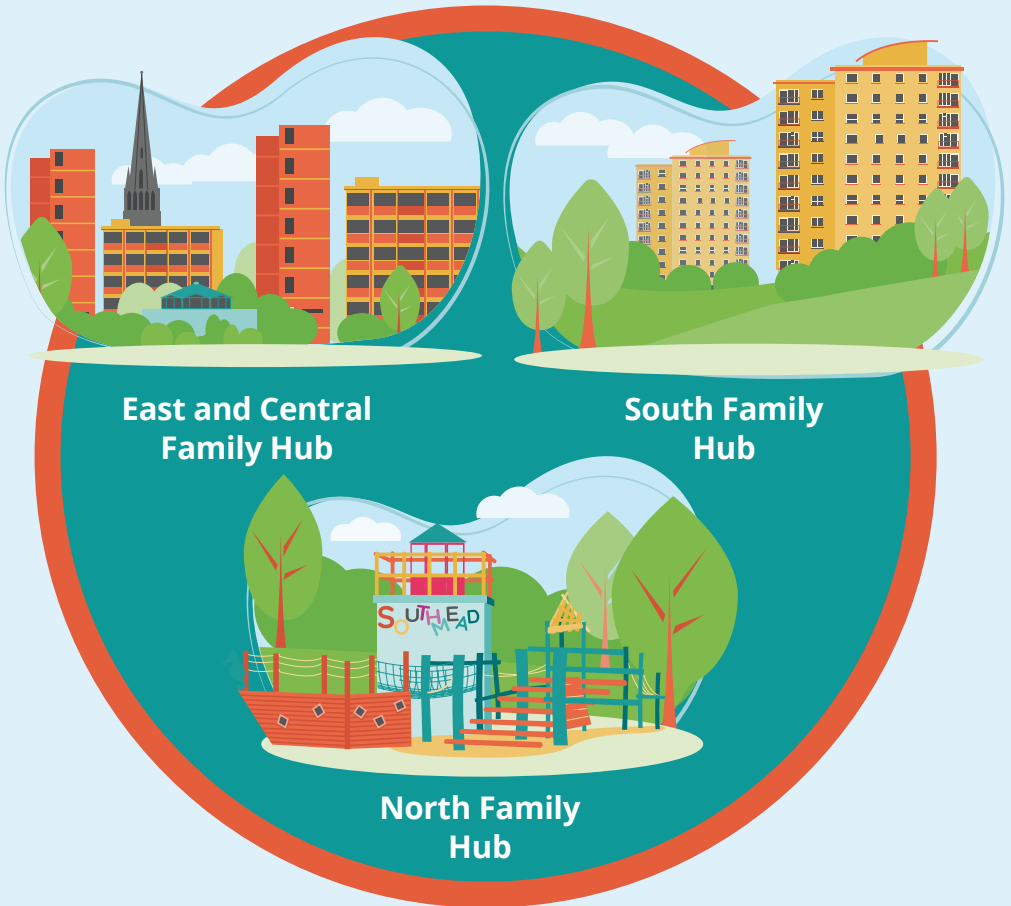
Visit the Family Hubs website for guidance, e-learning and information about where you can get support.

[www.bristol.gov.uk/bristol-family-hubs](http://www.bristol.gov.uk/bristol-family-hubs)

Family Hubs bring together a range of services in a one stop shop to give you and your family what you need. We can help you navigate the local services that are on offer in a way that works for you.

There are three hubs which, together with Children’s Centres, community centres and Navigators, cover all areas of Bristol and make up the Family Hubs network.

► Find your nearest Family Hub  
[www.bristol.gov.uk/bristol-family-hubs](http://www.bristol.gov.uk/bristol-family-hubs)



# Help during pregnancy and after birth

You get free care during your pregnancy.

You can self-refer your pregnancy with the NHS at any time. You'll then be offered an appointment with a midwife.

Health Visitors are specialist nurses that can support you and your family during pregnancy until your child goes to school.

You can access Bristol's health visiting service in different ways including home visits, specialist guidance and via baby hubs in your local community.



➤ Find information about midwifery, health visiting services and free antenatal classes by going to [www.bristol.gov.uk/bristol-family-hubs](http://www.bristol.gov.uk/bristol-family-hubs) and searching 'pregnancy'



Health visiting teams can also be contacted on:

- Bristol North: **0300 125 6278**
- Bristol South: **0300 125 6264**
- Bristol East and Central: **0300 125 6274**

# Feeding your baby

We're here to help every parent and caregiver with any aspect of feeding their baby. Whether you're a mum, dad, or any other carer, we're here to support you.

Just like anything new, breastfeeding can take some time to learn, and it's normal to face challenges along the way. Some mothers and parents will also choose to bottle-feed using formula or expressed breastmilk.

Whatever your feeding journey looks like, Bristol's Family Hubs and Children's Centres are here to offer support when you need it.



## Feeding with breastmilk

- Breastfeeding provides essential nutrition to help your baby in the first six months of their life.
- It boosts their ability to fight off illness and infection.
- Any amount of breastmilk has a positive effect.

While many parents start their feeding journey with breastfeeding, it's okay if you encounter challenges along the way. If you're struggling, please reach out for help.

➤ Find out more by going to [www.bristol.gov.uk/bristol-family-hubs](http://www.bristol.gov.uk/bristol-family-hubs) and searching 'feeding your baby'



# Looking after your mental health

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Are you feeling sad, worried, or isolated as you navigate this exciting yet challenging time as a new parent?

- Do you need support in understanding your baby's needs; whether it's coping with crying, sleep, feeding, or interacting with them?
- Perhaps you're finding it difficult to bond with your baby or lacking confidence in your parenting abilities?
- Have you experienced the loss of a baby or a traumatic birth experience?

Please know that you are not alone. Mental health challenges affect many parents during pregnancy and after childbirth, with up to 27% experiencing mental ill health.

A wide range of wellbeing support is available for anyone who is expecting a baby, already has a child up to 24 months old, or is going through the loss of a baby. We're here for you.

➤ Find out more about mental health support by going to [www.bristol.gov.uk/bristol-family-hubs](http://www.bristol.gov.uk/bristol-family-hubs) and searching 'mental health'



# Growing your skills

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Preparing for and having young children is not always easy. It is normal to feel like there is lots to learn and that you need a bit of help along the way.

There are friendly workshops and groups available to give parents and carers a little extra help to grow their skills. These can teach you more about birth, the early weeks with a new baby, feeding and sleeping, as well as tips for looking after your mental wellbeing.

- Find out more by going to <https://www.bristol.gov.uk/bristol-family-hubs> and searching 'parenting courses'



# Online support

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There's lots of online support that you can access from home, in your own time.

Visit the Family Hubs website for guidance, e-learning and information about where you can get support. There's lots of information about early years including pregnancy, infant feeding, mental health and relationships.



➤ Go to [www.bristol.gov.uk/bristol-family-hubs](http://www.bristol.gov.uk/bristol-family-hubs) and explore all our resources



## Online courses and tools

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There are also free online courses, apps and tools that you can use to get a bit of extra help when you need it.

The courses cover a range of topics to support you through the early years of your child's life, including:

- sleep
- feeding
- what to do when your baby cries
- development and play

➤ Find out more by going to [www.bristol.gov.uk/bristol-family-hubs](http://www.bristol.gov.uk/bristol-family-hubs) and searching 'online parenting courses'

➤ [www.bristol.gov.uk/parentcourses](http://www.bristol.gov.uk/parentcourses)

# Staying connected

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When parenting a young child, it is important to stay connected. It is okay to feel like you need others around you to lean on.

There are parenting and baby groups available for everyone to attend. These are a great way to meet other families, have fun, and learn about new ideas.

- Find out more about what's on offer across the different Family Hubs, by visiting [www.bristol.gov.uk/bristol-family-hubs](http://www.bristol.gov.uk/bristol-family-hubs) and searching for:

## East and Central Family Hub:



## North Family Hub:



## South Family Hub:



# Local Offer

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Special educational needs and disabilities (SEND) can impact a child or young person in many ways.

It can impact their ability to learn, behave, socialise, understand and concentrate. They may also have a physical disability.

- Bristol's SEND Local Offer provides information on available SEND services [www.bristol.gov.uk/bristol-local-offer](http://www.bristol.gov.uk/bristol-local-offer)



# For more information

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[www.bristol.gov.uk/bristol-family-hubs](http://www.bristol.gov.uk/bristol-family-hubs)

