

Set sail on a parenting journey...



Antenatal
An antenatal visit from your health visitor and antenatal sessions in your local children's centre and breastfeeding support to prepare for your baby's birth.

New Birth
New Birth visit from your health visitor and to talk about your baby's health and development.



4-8 Weeks
A visit from your health visitor to support you and your baby and identify any other support you may need.



12 Months Onwards
Lots of fun and active indoor and outdoor play sessions to support your child's physical, sensory, communication and language skills. Opportunities for you to meet other parents and share parenting experiences at your Children Centre.



9-12 Months
An opportunity to discuss your child's health and development with a health visitor.



4-9 Months
Lots of opportunities through well planned activities to bond well with your baby through baby massage, baby PEEP, learn about baby led weaning, advice on safety in the home and tips on early language development.



8-16 Weeks
You may have a visit from your local children centre to introduce you to activities. Otherwise, you will receive an invite to the fantastic baby group sessions for new parents.



Age 2
An opportunity to take part in your child's 2 year integrated review with a member of the health visiting team and where eligible take up 2 year free childcare.



Age 3
Lots of creative activities to develop your child's independence, confidence and to be resilient; Make and Explore, Mini Artists, Big Dish Little Dish. Take up your child's free entitlement to 15 hours 3+4 year free childcare.



Ready for School
Opportunities for you and your child to learn about the transition into school and for you both to be prepared for the next journey in their life.

