

LEARNING TOGETHER SESSIONS

These sessions offer talk time to support parents on topics they want to learn more about and activities for children to support their development.



For more information on what your local Children's Centre offers, and times and days of sessions, go to the website below and type in Lincolnshire Children's Centre <https://www.lincolnshire.gov.uk/>



You can contact your Health Visiting Team by ringing

01522 843000

or emailing

BS_HealthServices@lincolnshire.gov.uk



Getting to know your Health Visiting Service



Health Visitors are all trained nurses that have additional specialist qualifications in working with children and families to assess health needs.



Those needs can be physical, emotional or social. By identifying them early on, Health Visitors can signpost children and their families to the right services to get help and support so the child is able to reach their potential.

Health Visiting provides universal support to children and their families from the antenatal period until the child reaches the end of reception class (0 – 6 years).



WHEN WILL YOU MEET US?

As a minimum, a member of the Health Visiting team will meet you:

- ◆ Antenatally (during pregnancy) from 28 weeks
- ◆ 10 – 14 days after the birth of your baby
- ◆ 6 – 8 week assessment
- ◆ 9 – 12 months assessment
- ◆ 2 – 2.5 year assessment

Please remember to bring your child's Personal Child Health Record with you to all health appointments. (Red Book).



HEALTH VISITING CAN OFFER HELP WITH:

- ◆ Your child's development
- ◆ Common childhood illnesses
- ◆ Adjusting to parenthood
- ◆ Infant feeding
- ◆ Starting solids
- ◆ Sleep behaviour
- ◆ Keeping your child safe
- ◆ Getting ready for school
- ◆ Positive parenting
- ◆ Maternal mental health

THERE ARE LOTS OF SESSIONS IN YOUR LOCAL CHILDRENS CENTRE TO HELP SUPPORT YOU AND YOUR CHILD OR CHILDREN

In partnership with the Early Years Alliance and Midwifery we deliver the Antenatal Top Tips Programme in Children's Centre's.

We offer four weekly group sessions with other parents antenatally (before birth) and a post-natal reunion, (after your baby is born).

The sessions cover:

- ◆ Becoming a parent and getting to know your baby
- ◆ Preparation for labour and birth
- ◆ Caring for your baby in the early days
- ◆ Feeding your baby
- ◆ Baby's first language.

Sessions to support children's development at 0 – 5 are delivered by Early Years Educators. They include:

Bumps to Babies: A session for pregnant and new parents and their babies to introduce families to the Children's Centre. There are lots of resources such as treasure baskets, cosy areas and sensory materials to develop babies' individual curiosity.

Sensory sessions: Providing lots of fun-filled opportunities for babies and children to learn and explore using their senses, and supporting their development.

Music and Rhyme sessions: To support language and communication skills by singing along to their favourite songs and rhymes.

Stay and Play sessions: Provides a variety of activities for children aged 0-5 following the interests of the children.