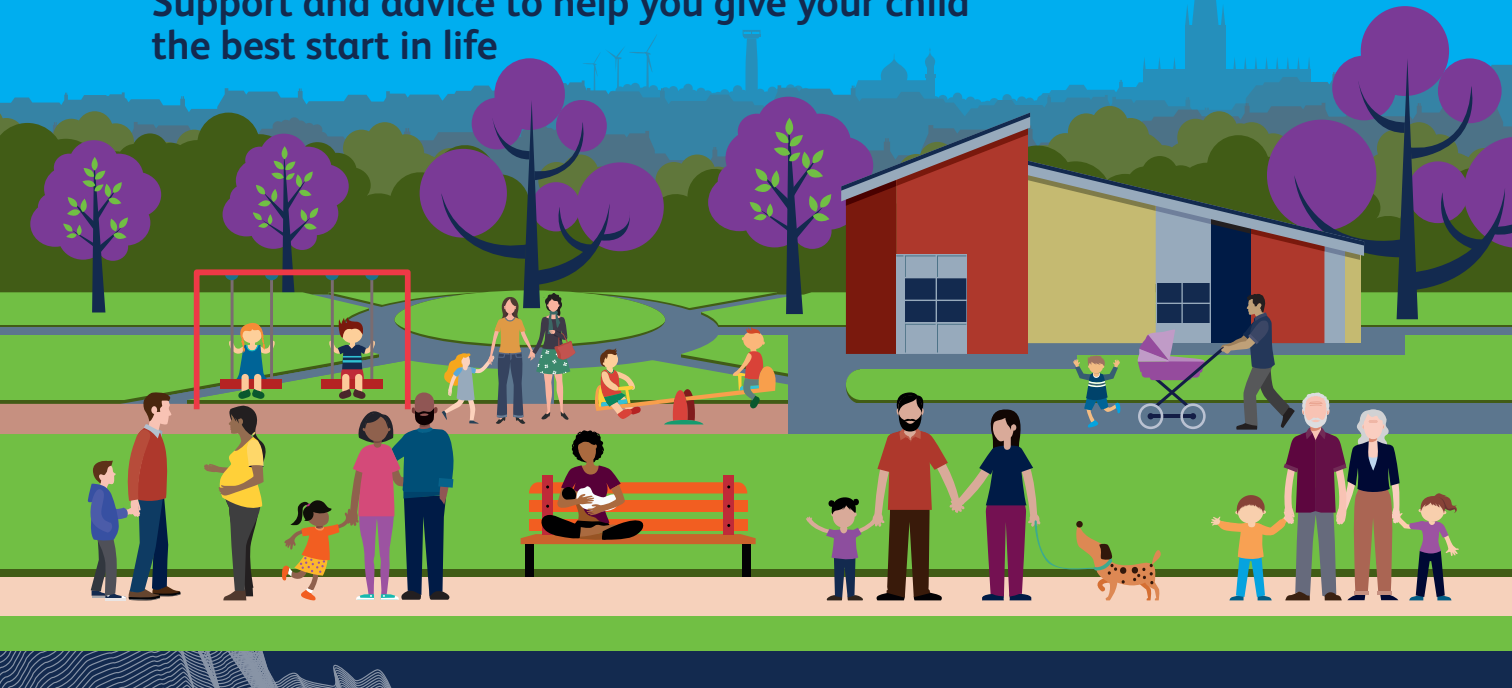


ROTHERHAM FAMILY HUBS AND BEST START IN LIFE

Support and advice to help you give your child
the best start in life



A START FOR LIFE OFFER FOR ALL FAMILIES IN ROTHERHAM

We want every child to have the best start in life. It is important that families feel supported and empowered to overcome life's everyday challenges.

All families in Rotherham can benefit from the Family Hubs and Best Start in Life programme, which is being delivered at sites across the Borough and online.



Rotherham's Start for Life offer brings together the different services that are available to families from conception into childhood.

This guide includes information and advice to help you along your journey through parenthood. The information included is for mothers, fathers, co-parents, carers, grandparents and significant others.

This guide brings together information on what support is available in Rotherham and where you can access it, all in one place.

Further information can be found on the Family Hubs and Best Start in Life webpages by scanning the QR code or visit:

www.rotherham.gov.uk/family-hubs



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MIDWIFERY

The Community Midwifery service provide personalised care throughout your pregnancy and up to 28 days after your baby is born. They provide information to help you make choices to support your health and wellbeing and can signpost to other services you may need.

The team deliver labour and birth preparation sessions during pregnancy. In addition, breastfeeding support drop-in clinics are available after you have had your baby.

There are four Community Midwifery teams that work across different parts of Rotherham.



Contact the Community Midwifery Service

- Community Midwifery team, appointments only, call 01709 423729, Monday to Friday, 9am to 12.30pm and between 1pm to 4pm
- Early Pregnancy Assessment Unit (EPAU), up to 20 weeks, call 01709 427072, Monday to Friday 8.30am to 4.30pm support anyone experiencing complications in early pregnancy
- B11 (early pregnancy and out of hours advice), up to 20 weeks, 01709 424349
- Labour ward triage, after 20 weeks, call 01709 427700

Online Midwifery Support

Ask Olive is your friendly online midwife. Ask Olive is a Facebook page which provides information and answers for any non-urgent queries through private message. Simply visit: www.facebook.com/Oliveemidwife



Book your pregnancy

Women and birthing people can self-refer to Rotherham Maternity Services on their website, or notify their GP who will send a referral to the team. You are encouraged to refer as early as possible, so the first appointment can take place by the tenth week.

You can visit the Rotherham Maternity Services website by scanning the QR code.



HEALTH VISITING

The Rotherham Children's Public Health Nursing service incorporates the health visiting and school nursing teams along with other community practitioners to promote healthy lifestyles and to provide advice and support for children, young people, families, and carers.

Based in north, south and central locations across the Borough, the team offer a range of home and clinic contacts.

The Health Visiting team will offer everyone visits to check on their child's development and to give parents the information and support they need as their child grows.

These visits may include:

- Antenatal contact - before your baby is born
- New birth visit - before your baby is 14 days old
- 6 to 8 week contact
- 3 to 4 month visit
- 1 year development review - between 9 to 12 months
- 2 year development review - between 2 to 2 and a half years



The Health Visiting team can provide further support to parents by providing:

- Development checks for your child
- Information and advice on physical and emotional development
- Advice on establishing good sleep habits
- Information on keeping your child safe, reducing the risk of accident and injury
- Breastfeeding advice and support
- Healthy eating and introducing solid foods advice
- Immunisations
- Help and advice on minor illnesses

Further Support

The Rotherham Children's Public Health service has an app. This free app will help to give you an insight into your local health visiting and school nursing service along with information and advice on children's health.

To download the app, please scan the QR code below.



INFANT FEEDING

Feeding provides food for your baby but it is also a source of love, comfort and reassurance between you and your baby.

Responsive feeding is important in building a strong relationship between you and your new baby and will help to give them the best possible start in life.

Responsive breastfeeding is when you offer your baby a breastfeed when they show signs that they are hungry or need comfort and reassurance. It also includes when you as a parent wish to feed, for example if you need to go out, to relieve breast fullness or just to rest and relax with your baby.

Responsive bottle feeding is offering a feed in response to your baby's feeding cues, holding your baby close during the feed and letting the baby feed to their appetite at their own pace. It is important that you as parent give most of your baby's feeds, so they feel safe and secure.

Feeding your baby may feel quite overwhelming at first, however you choose to feed your baby. There are lots of people that can guide and support you with feeding from your Midwife, Health Visitor, Infant Feeding team, Breastfeeding Peer Support volunteers, along with hints and tips from other parents. This may be over the phone, online or in-person at clinics, breastfeeding groups or in your own home.





There is a lot of evidence that shows breastfeeding is beneficial for you and your baby. It can take time for you and your baby to learn how to breastfeed and there may be reasons why you cannot breastfeed. If you have any feeding worries or concerns, the best thing to do is speak to your Midwife or Health Visitor.

As your baby develops and becomes ready for solid foods at around six months, weaning support is available from your Health Visitor team or your local Children's Centre or Family Hub.

Contact Information

- The Infant Feeding team can be contacted by leaving a message at 01709 423333, Monday to Friday, 9am to 5pm.

FAMILY HELP IN ROTHERHAM

Family Hubs and Children's Centre Support

A Family Hub is a place where all children, young people, and their families can go when they need help, advice, and support.

You can get support across a wide range of areas, including parenting, debt, housing, and health and wellbeing. There are three Family Hubs and a wider Family Hubs network in Rotherham.

Rotherham has Early Help Outreach and Engagement Workers who deliver Children's Centre activities for families with children aged 0 to 5.

There are lots of different activities and sessions available for all families.

To find out more about Family Hubs, where they are and what services and activities are on offer, please see the Family Hubs website.
www.rotherham.gov.uk/family-hubs

This includes:

- New arrival celebration sessions
- Baby massage
- Baby first aid
- Treasure basket sessions
- Reach, roll and play sessions
- Talking tots
- Toddler yoga
- Stay and play groups
- PEEP Learning Together Programme

These sessions are being delivered at Children's Centres, Family Hubs and community venues across the whole of Rotherham.

Family Hubs and Children's Centre support

In-person support is available for all families in Rotherham. More information is included below.

Family Hubs

Maltby Stepping Stones Family Hub	Tickhill Road, Maltby, Rotherham, S66 7NQ
Brookfield Family Hub	Lime Grove, Swinton, Mexborough, S64 8TQ
The Place Family Hub	Coleridge Road, Rotherham, S65 1LW

Family Hub Network including Children's Centres and Early Help buildings

Arnold Nursery School and Children's Centre	Goldsmith Road, Rotherham, S65 2LY
Aughton Early Years Centre	Main Street, Aughton, Sheffield, S26 3XH
Dalton Family and Children's Centre	Magna Lane, Dalton, Rotherham, S65 4HH
Dinnington Early Help Centre	Doe Quarry Lane, Dinnington, Sheffield, S25 2NZ
Ferham Family and Children's Centre	Ferham Road, Rotherham S61 1AP
Rawmarsh Children's Centre	Barber's Crescent, Rawmarsh, Rotherham, S62 6AD

To find out more about Family Hubs, where they are and what services and activities are on offer, please scan the QR code.



Parenting Support

Being a parent or carer is rewarding, however we all need practical advice and support from time to time. There is no one size fits all approach to parenting. A range of programmes are free for all parents, carers and their families in Rotherham.

All the programmes are evidence-based. This means that they are proven to work by research.

Many of the programmes available can be accessed online, as well as face-to-face, with programmes suitable for parents and carers from pregnancy onwards. The programmes that you can access cover a range of different topics and are available in over 100 languages, to ensure that all parents and carers get the support they need to bring up their children. For more information, please scan the QR code.



Some of the available courses are included below.

- **Me, You and Baby Too:** helps new and expectant parents adapt to the changes that parenthood can have on their relationship.
- **Solihull Approach:** Rotherham Council is providing free online courses for parents worth £100. Courses cover a range of topics including understanding pregnancy, understanding your baby and understanding your child.

Learn more about the programmes available in Rotherham and how to access them on the Family Hubs website.

THE RIGHT SUPPORT AT THE RIGHT TIME FOR FAMILIES

Family Help means that organisations work together to ensure that children, young people, and their families receive support at the earliest opportunity. Different organisations work together so that families receive the right support at the right time.

Some families may need help and support above what they can get from services which are available to everyone. When this happens an Early Help Assessment will be offered to them by a Lead Professional.

A Lead Professional is someone who works for a service which supports children, or adults and who will work with the family to understand their needs, and make sure that there is a plan of support to address them. This might be someone from the child's school, a health visitor, a family support worker, or a youth worker.

If you think your family would benefit from an Early Help Assessment you can speak to one of the professionals working with your family, or you can contact the Multi-agency Safeguarding Hub (MASH) on 01709 336080 and select option 2 for Help.

Safeguarding

The Rotherham Safeguarding Children's Partnership website provides important safeguarding information for the public, children, young people, parents, carers, school staff and other professionals.

You can visit the website: www.rscp.org.uk or scan the QR code.



SUPPORT FOR DADS

Dads in Rotherham can access a free app called DadPad, which includes practical information and advice.

What is DadPad?

It is the essential guide for new dads, developed with the NHS. It is aimed at dads but is useful for a wider audience too. The DadPad is best utilised as early as possible during pregnancy, around birth and beyond. This resource includes guidance for babies and children up to the age of two. You may find this particularly useful to have during paternity leave.

Why do you need it?

As a new dad you will feel excited, but you may also feel left out, unsure or overwhelmed. The DadPad can help by giving you the knowledge and practical skills that you need.



Information on helpful topics including antenatal care and the Midwifery Service, Health Visitor team, feeding, the human baby, holding, crying, sleeping, changing, and much more.

How can I access DadPad?

Simply download the app and enter your post code to access the resource. See website. www.thedadpad.co.uk

PARENT AND INFANT MENTAL HEALTH

As a parent or carer, you may need support to help you manage the challenges that come with caring for children.

It is important to be kind to ourselves and acknowledge the difficult thoughts and feelings, which may interrupt nurturing interactions between you and your baby.

Look after yourself as best you can. That might mean taking a longer shower when you get the chance, enjoying a cup of tea, spending a few minutes in the garden if you can, or just having a chat with a trusted friend. Don't feel the need to take on extra challenges or be highly productive if you feel unable to.

If your mood is persistently low and you are more tearful or irritable than is manageable, ask for help from your Midwife, GP, Health Visitor, or at a Children's Centre/Family Hub as early as possible.

Anxiety and depression can affect anyone at any time. Your mental health can change during pregnancy and after having your baby. This includes dads and carers too. The earlier you get help the better.



Support Services



Perinatal Mental Health Service:

Provides specialist assessment and treatment to mums or birthing parents and their families, who experience moderate to severe mental health needs, offering confidential, non-judgemental care and treatment. To access our services, a referral must be made by a health or social care professional.



Light Peer Support:

For families affected by perinatal mental health illness. Email, text and telephone support is available, as well as face to face and one-to-one support.



NHS Rotherham Talking Therapies:

A range of talking therapies for common mental health difficulties, such as anxiety, depression or stress. If you are 18 or over, experiencing symptoms of these and would like help to manage them.



The Rotherham Crisis team: call 0800 804 8999, or call 111 and select the mental health option. This is available 24 hours a day, 7 days a week. It is a crisis telephone line accessible to everyone, offering triage, advice, signposting, and follow-up appointments. They also conduct thorough face-to-face assessments and consultations.

Online Support



RotherHive: Practical mental health and wellbeing information for adults can be found on the RotherHive website.



Qwell: Free digital mental wellbeing support is available on the Qwell website. You can access this support anonymously.

EARLY YEARS SPECIAL EDUCATIONAL NEEDS AND DISABILITIES (SEND)

Sometimes it can be difficult to know if your baby or toddler is meeting developmental milestones associated with their age.

It is easy to start feeling worried – but it is important to remember that babies and toddlers are all unique and develop in their own way, at their own pace and there is not normally any reason to be concerned.

If you would like to talk to someone about your child's development, it is recommended that you approach your Health Visitor in the first instance. If your child attends a nursery or has a childminder, you can also talk to them.

They will be able to give you some advice and tips on how to support your child in the next stage of their development. If your child needs additional support, they will also be able to give you more information about what services are available.

Sometimes parents and carers will know from birth (or soon after) that their child has a long-term condition that will affect their health or development. There are different services available in Rotherham to support children and families where this is the case.

For information on everything from medical care to childcare, visit the SEND Local Offer website: www.rotherhamsendlocaloffer.org.uk





Advice for Dads of Children with SEND

The Rotherham Parent Carers Forum have produced helpful resources to support dads and families who have children with disabilities. The 'related information section' includes useful information for dads.

For more information visit the Rotherham Parent Carers Forum website or scan QR code: www.rpcf.co.uk



GET INVOLVED - VOLUNTEERING

Are you interested in volunteering for Rotherham Family Hubs?

Volunteering opportunities are available, offering the chance for you to help shape services for families through the Family Hubs and Best Start in Life programme.

Share your experiences and have your say on the different services available for families, learn new skills and meet new people in your local area.

Roles are available that can fit around your interests and commitments. Read more about some of the volunteering opportunities available.



Family Hubs Parent and Carer Panel

Are you a parent or carer of a child under the age of 2?

You are invited to join the Family Hubs Parent and Carer Panel. This will involve sharing your views and experiences of accessing services with a child 0 to 2 years at a regular group meeting. Meet new people in your community and help ensure that babies and families are at the heart of what we do.

Charlie, mum to Jacob 1 years old: *“Being a part of the Parent and Carer Panel allows mine and other parents’ voices to be at the centre of decision making and future support provisions in Rotherham. This is vital to ensuring a service that is for you, is designed with you in mind.”*

Lucy, mum to Orson 6 months, Clementine and Camilla 3 years: *“Joining the Parent and Carer Panel has allowed me to get my voice heard in order to try and make change to improve services for all families in Rotherham. As an added bonus it’s allowed me to feel involved in my community and meet likeminded parents and carers.”*

Breast Feeding Peer Support Volunteer

Have you either breastfed or are currently breastfeeding?

Would you be interested in volunteering some of your time to offer information and support on breastfeeding to expectant and new parents?

This could be at groups you already attend, Breastfeeding Drop-in sessions or midwifery clinics. The time commitment is entirely up to you.



All our Breastfeeding Peer Support volunteers receive free training that covers how breastfeeding works, communication skills to help parents make informed choices on feeding their baby and to manage any feeding difficulties they encounter.

More Information

For more information on how you can get involved contact: familyhubs@varotherham.org.uk

CHILDCARE INFORMATION FOR FAMILIES

Your child could be eligible for up to 30 hours funded childcare per week where they will be playing, singing, storytelling, drawing, splashing, making friends and having fun.

Age 9 months to 2 years	
Working Families	
15 Hours	Sept 2024
30 Hours	Sept 2025

Age 2 to 3 years	
Families receiving Government support	
15 Hours	Now
Working Families	
15 Hours	Now
30 Hours	Sept 2025

Age 3 to 4 years	
All parents	
15 Hours	Now
Working Families	
30 Hours	Now

If you are working or in receipt of some form of Government support you could be eligible, Rotherham Families Information Service can help you with free and impartial information and advice on which funding you may be eligible for, how to apply and finding registered childcare that meets your family’s needs.

Information on local baby and toddler activities can also be found as well as services and much more. Contact Rotherham Families Information Service on 01709 822429 or 0800 0730230 or visit the website: www.rotherham.gov.uk/fis



KEY CONTACTS

Name	Contact	Available
Community Midwifery Service	01709 423729	Appointments only, Monday to Friday 9am to 12.30pm and between 1pm to 4pm
Early Pregnancy Assessment Unit (EPAU) – for complications	01709 427072	Up to 20 weeks, Monday to Friday 8.30am to 4.30pm
B11 – Early pregnancy and out of hours advice	01709 424349	Up to 20 weeks, Monday to Friday 8.30am to 4.30pm (EPAU out of working hours)
Labour ward triage	01709 427700	After 20 weeks, 24 hours
Health Visiting Team	01709 423333	Monday to Friday 9am to 5pm (excluding bank holidays)
Infant Feeding Team	01709 423333	Monday to Friday 9am to 5pm (excluding bank holidays)
Parent Mental Health – The Rotherham Crisis team	0800 804 8999, call 111 and select the mental health option	24 hours
Rotherham Families Information Service	01709 822429 or 0800 0730230	Monday to Friday 8.30am to 5pm
Multi Agency Safeguarding Hub (MASH)	01709 336080	Option 1 - if you have an allocated social worker or early help worker, Option 2 - if you are asking for help and support for a child and family, Option 3 - if you are worried a child is suffering significant harm.

FEEDBACK

Thank you for reading the Giving Your Child the Best Start in Life guide.

Your opinion is important and we would be very grateful if you could share any feedback that you have by completing a short survey.

We will use this to develop the guide to ensure it best responds to the needs of families in Rotherham.

Please scan the QR code
to complete the survey.



This information included in the guide was produced in July 2024. We would like to thank all of the families who agreed to be pictured in this guide.