

Flying Start Universal Offer 2022

Flying Start offer a programme for all families in **Luton** with **under 11s**.

Please encourage parents to visit www.flyingstartluton.com
and email flyingstart@eyalliance.org.uk or call **01582 368245** to book

Antenatal Services

English language classes for pregnancy (ESOL)

6 week course for those expecting a baby with English as an additional language to learn how to express themselves in English to speak to midwives/ health professionals, gaining the confidence to express their own wishes, talk about feelings, ask questions and offer suggestions.

Suitable for: Pregnant women and partners at any stage of pregnancy living in Luton with limited English

Luton Bumps on Zoom – women only

This runs on Zoom every other week for an hour providing a great opportunity for women to talk with each other about life in/post lockdown whilst pregnant, share experiences, support each other and ask questions whilst getting some advice from our staff and guest speakers, including a midwife. Women are encouraged to view the antenatal education videos provided online in advance of attending and also able to join a WhatsApp group to stay in contact during and after pregnancy.

Suitable for: Pregnant women at any stage of pregnancy living in Luton

Keeping Baby Safe Workshop on Zoom (*Antenatal and Postnatal*)

Safe at Home are offering child safety advice and support to expectant and new parents in a virtual small 2 hour group session, including a free child safety gift bag. Our safety advisor offers top tips on how to make informed and safer choices when buying nursery equipment and parents can learn important techniques on protecting their new-born in the early months of life. Parents will have opportunity to ask questions about nursery products that they are considering buying or maybe already using. The session also covers the Tubes of Life programme and it's importance for parents and their baby.

Suitable for: Pregnant women & partners at any pregnancy stage AND new Luton parents (up to 6 months)



Postnatal Services

Baby Sensory Group

This weekly hour-long face to face group encourages quality time for parents and baby- exploring various objects and using various senses

Suitable for: New Luton parents with babies that aren't yet walking (mat-based activities)

Parent Baby Self- Weighing

15 minute bookable appointments for parents to self-weigh their baby on our scales. Please note this is not a health visitor clinic, a member of staff will be on hand to show parents how to use the scales and how they can record baby's weight.

Suitable for: New Luton parents with babies under 2 years

Other Under 5s Services for Luton families run by Flying Start

Solihull Online Learning

Five free e-courses covering from pregnancy up to the teenager years. These e-courses are relevant to all parents/carers of all children including those with special needs. Visit: www.inourplace.co.uk Access Code: **HATTERS**

Stay and Play

Our stay and play sessions are opportunities for parents/carers to come along and meet other people with young children. A variety of age appropriate activities are available, such as messy play, soft play, stories and rhymes and lots more!

Suitable for: New Luton parents with children aged 1 and over

Parent Workshops on Zoom

These workshops will be in a relaxed style- giving a great opportunity for parents to talk with others, share experiences, and support each other whilst getting some parenting support and advice.

- **Starting Solids** **Suitable for:** Parents of 3 to 6 months (before starting)
- **Starting Solids Next Steps** **Suitable for:** Parents of 6 months+ (after)
- **Sleep and Bedtime Routines** **Suitable for:** Parents of under 5s
- **Toilet Training** **Suitable for:** Parents of 18 months+
- **Terrific Twos** **Suitable for:** Parents of 2 year olds
- **Fussy Eating** **Suitable for:** Parents of under 5s



Talking Takes Off for Communication Group

This is a programme of fun workshops aimed at improving communication skills for parents and children. This group is for emerging communication and language needs with a focus on 2 year olds but we can accept 18 months to 3 years.

Suitable for: Parents of 18 months to 3 year olds living in Luton

Talking Takes Off Drop-In Appointment

Our speech and language therapist is offering appointments to talk to parents about their child's talking and listening skills if they have concerns.

Suitable for: Parents of under 5s living in Luton with early concerns- not known to the Speech and Language Therapy Service

Parenting Puzzle Programme

This 4-week programme supports parents of young children with a focus on the importance of attachment, empathy, positive discipline, play and communication.

Suitable for: Parents of under 5s living in Luton

HENRY Healthy Lifestyles Programme

This 8-week programme supports parents in ensuring a healthy start for their child. Children can make mealtimes feel stressful and providing healthy lifestyles for them can be challenging. Henry helps to overcome those challenges so they can have a happy and healthy family life.

Suitable for: Parents of under 5s living in Luton

Safe at Home

Safe at Home Luton is a child accident prevention programme aimed at families from pregnancy through to the child's 5th birthday. They offer FREE advice and support to all families, and parents on low income and receiving benefits may qualify for home safety equipment (dependant on a home assessment).

Suitable for: Parents of under 5s living in Luton

Dad's Saturday Group

Monthly group for fathers, grandfathers, stepfathers, uncles or brothers who would like to share some quality time with their child or relative under 8.

Suitable for: Dads/Carers of under 8s living in Luton

