Starting Well programme information for professionals

The starting well programme aims to improve health outcomes for children from preconception to two and a half years by offering a range of services for those most at risk of poor outcomes. In addition to the programmes listed below, the family can access our social prescription service for support with referrals into other services.

**Antenatal**

**ESOL for pregnancy**

This programme supports pregnant women with developing their English language skills with a focus on pregnancy and birth. These sessions aim to help enable women to be able to talk to their midwife and health visitor, increase their understanding of the importance of a healthy pregnancy for their baby’s health and development and build their confidence in asking and understanding questions about pregnancy, birth and their baby.

**Suitable for:** Pregnant families with limited English

**Pregnancy Club**

This programme provides social support and key information for a healthy pregnancy and includes sessions with and without partners. There are women only sessions that focus on mother’s health (eating well for pregnancy, physical activity and mental well-being) and sessions for partners to join that focus on baby’s health (labour and birth, feeding and sleep, safety and illness). Mothers will be encouraged to attend all 6 sessions but will be able to join individual sessions as necessary.

**Suitable for:** Pregnant families living in a postcode identified within the 20% most deprived wards. Referrals will be accepted from health professionals for families outside these areas that they identify may be a risk of poorer outcomes

**Postnatal**

**Early Days**

This programme provides social and emotional support to new parents including information on feeding, attachment, sleep, parenting practicalities and physical well-being.

**Suitable for:** Parents with a child under 6 months living in a postcode identified within the 20% most deprived wards. Referrals will be accepted from health professionals for families outside these areas that they identify may be a risk of poorer outcomes

**Little Explorers**

This messy play style programme supports children’s learning and development through child led play whilst promoting key health messages to families

**Suitable for:** Parents of children aged 1-3 years living in a postcode identified within the 20% most deprived wards. Referrals will be accepted from health professionals for families outside these areas that they identify may be a risk of poorer outcomes

For more information or to refer a family contact [Flyingstart@eyalliance.org.uk](mailto:Flyingstart@luton.gov.uk) or call 01582 368245 or visit: [www.flyingstartluton.com](http://www.flyingstartluton.com)