

Flying Start

Parenting Offer



Information for professionals

01582 548356

www.flyingstartluton.com



Luton



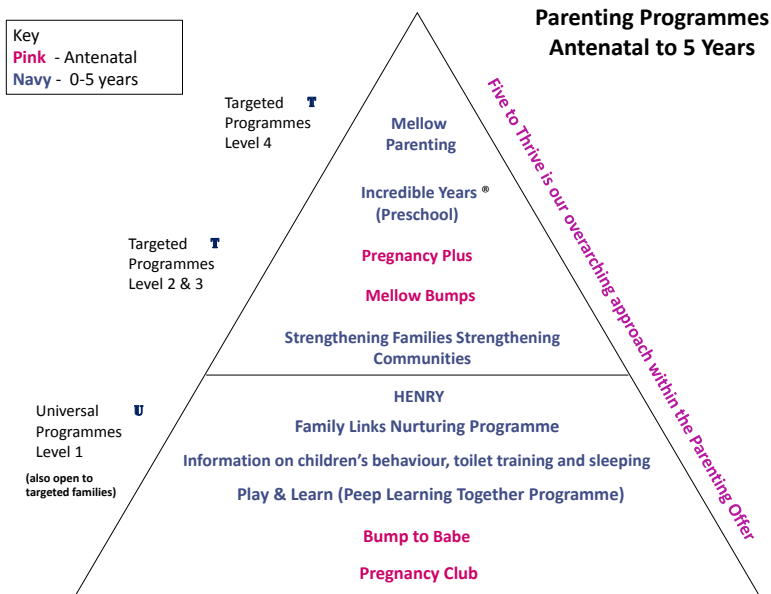
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Luton Parenting Model



Luton's Flying Start parenting offer promotes positive, nurturing and responsive parenting, supporting parents at each level of need



To find out how to refer to programmes and to access referral forms please visit the Flying Start website www.flyingstartluton.com

For parents currently engaged in care proceedings, the referrer will need to contact the Flying Start Parenting Co-ordinator to discuss options available, **01582 548336**, or contact Stepping Stones direct: **01582 457114**

All programmes correct at the time of going to print (April 18)

Important note: please check the Flying Start website for the most up to date information on dates and locations www.flyingstartluton.com

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Pregnancy Club **U**

Suitable for: Pregnant women.

Specific criteria: Pregnant women living in Luton, at any stage of their pregnancy

Overview: Pregnancy Club is a universal monthly session for mums-to-be from the first trimester through to the end of their pregnancy.

Benefits: To raise the confidence of newly expectant mums regarding the birth of their baby, provide the chance to meet other pregnant mums to build support networks, offer key health messages for every stage of pregnancy and information on family events and health programmes in Luton.

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Length of course / location: 2 hour group session at Flying Start Children's Centres. Please check website for latest details.

Delivered by: Midwives, with a changing programme of Health Visitors, Flying Start Children's Centre early years practitioners and a variety of community professionals.

Pregnancy Plus **T**

Suitable for: Pregnant women living in Luton (or have a GP in Luton) with a high BMI.

Specific criteria: All women with a BMI over 30kg/m² should be referred to the programme to reduce risks associated with a high BMI during pregnancy. Any lady with a BMI above 25kg/m² can be offered the course. We accept self-referrals and referrals from Children's Centre staff.

Overview: This free healthy lifestyle programme provides support to help women manage their weight by offering a wide range of antenatal activity sessions and support to improve lifestyle choices to ensure a healthy pregnancy.



Benefits: The programme aims to help ladies have a healthy pregnancy and birth and reduce the risk that obesity poses on the health of mother and child, build up confidence to take up physical activity during and after pregnancy, and provide ongoing support for a healthier lifestyle.

Length of course / location: 8 weeks for 1.5 hours per session

Delivered by: Active Luton.

To refer: contact Active Luton, email: active.luton@nhs.net.

- If you would like someone you are working with to access a targeted parenting programme **(T)** and they are not already open to an Early Help or Social Work service you will need to complete an Early Help Assessment.

Bump to Babe **U**

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Suitable for: Pregnant women and their partners. Ideally suited to first time parents, but not exclusively.

Specific criteria: 25 weeks pregnant at the start of the course and living in Luton.

Overview: Bump to Babe is a universal three week antenatal programme that provides researched and evidence based information for parents-to-be.

Benefits: The programme aims to improve the confidence of expectant parents regarding the birth of their baby, caring for a new born and the impact of having a new baby in the family.

Length of course / location: 3 weeks for 2.5 hours per session, weekdays at various Children's Centre locations across Luton. Please check website for latest details.

Delivered by: Midwives, Health Visitors and Flying Start Children's Centre early years practitioners.



Baby Buddy App

The Baby Buddy App provides evidence based information and support throughout pregnancy and the first six months of life. It has been designed to help parents give their baby the best start in life and support health and wellbeing. The App provides key daily information, specific to the stage of pregnancy and baby's age. It contains videos, reminders, expert advice and information on local services.

Baby Buddy has been created with mums, midwives and doctors, to ensure the information is reliable and accurate. It is available 24 hours a day. Free to download.



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baby buddy

The FREE app for parents and parents-to-be

To support a healthy pregnancy and the best start in life.

best beginnings

Available free:  

- **Infant feeding:** Children's centres offer a safe and comfortable environment for breastfeeding, where trained staff can provide information and support for pregnant women and new mothers on breastfeeding and bottle feeding. Breastfeeding drop in sessions are also available, to help and support mothers with breastfeeding and to meet other breastfeeding mums.



Mellow Bumps **T**



Suitable for: Pregnant women with additional emotional needs (up to Level 4*)

Specific criteria: Pregnant women living in Luton, between 20-30 weeks of pregnancy at the start of the course, with additional needs such as depression or anxiety. It is important that there is no plan for removal of the baby from the mother.

Overview: Anxiety and depression in pregnancy are very strong indicators of post-natal mental health problems which may impact on the attachment of the mother and baby. Getting together with mums-to-be and sharing ideas can be really supportive. It provides an opportunity for an expectant mum to address issues in her life as well as preparing for the arrival of her baby.

Benefits: To raise the confidence of mums-to-be regarding parenting and communication with their unborn baby, as well as preparing for its arrival.

Length of course / location: 6 weeks for 2 hours per session, held at Flying Start Children's Centres. Please check website for latest details.

Delivered by: Mellow trained early years practitioners.

- If you would like someone you are working with to access a targeted parenting programme **(T)** and they are not already open to an Early Help or Social Work service you will need to complete an Early Help Assessment.

* LSCB Threshold Document visit www.lutonlscb.org.uk for more information.



Information Sessions

Starting Solids **U**

Suitable for: Families with a baby 3-6 months old who has not yet started on solid foods.

Specific criteria: Universal – open to all families living in Luton.

Overview: To support parents with introducing their baby to solid foods

Benefits: Provides useful information on when, what and how to start baby on family foods.

Length of course / location: 1.5 hours, at Flying Start Children's Centres across Luton. Please check website for latest details.

Delivered by: Highly trained staff from a variety of backgrounds.

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Children's behaviour, toilet training and sleeping **U**

Suitable for: Families with children 0-5 years old.

Specific criteria: Universal – open to all families living in Luton.

Overview: If you feel a parent needs support in one of these areas, there may be workshops advertised or you can call the Children's Centre to discuss how the parent can be supported by staff trained in the Solihull approach.



Play & Learn (Peep Learning Together Programme) U

Suitable for: Families with children 0-5 years old.

Specific criteria: Universal—open to all families living in Luton. Parents and their children attend together.

Overview: Supporting parents/carers, the programme contains a range of topics which aim to improve children’s personal, social and emotional development, their communication and language, early literacy, early maths, and health and physical development.

Each topic relates to one or more developmental stages: babies - toddlers - pre-school.

Benefits: An effective way of supporting parents and carers to improve their children’s life chances by helping parents to make the most of everyday learning opportunities – listening, talking, playing, singing and sharing books and stories together. It provides an opportunity for babies and children to become confident communicators and active learners and prepares children to be ready for school. Sessions support parents and carers in their role as the first educators of their children.

Length of course / location: This programme varies in length and is delivered at Flying Start Children’s Centres across Luton. Please check website for latest details.

Delivered by: PEEP trained staff.



Family Links - The Nurturing Programme U

Suitable for: Families with children 0-5 years old.

Specific criteria: Universal – open to all families living in Luton.

Overview: The Nurturing Programme aims to help adults understand and manage feelings and behaviour, and become more positive and nurturing in their relationships with their children and each other. It encourages an approach to relationships that gives children and adults an emotionally healthy start for their lives and learning.

The Nurturing Programme is based on the Four Constructs which are the building blocks of emotional intelligence and relationship skills: Self-awareness, Appropriate expectations, Positive discipline, Empathy.

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Benefits: Improving parent / child relationships.

Length of course / location: Delivered at Flying Start Children's Centres and other venues across Luton, over 11 weeks for 2.5 hours per session, including an introductory session. Please check website for latest details.

Delivered by: Highly trained Family Links Facilitators.

This programme can also be delivered in Polish.

Please see the Flying Start Website for further details.



Strengthening Families, Strengthening Communities (SFSC) **T**

Suitable for: Families with children 0-5 years old.

Specific criteria: Targeted programme aimed at families living in Luton with wider family difficulties (up to level 4*)

Overview: This is an inclusive parenting programme which is culturally sensitive, presenting information within a framework to address the needs of a variety of different cultural groups. This programme takes into account the cultural and spiritual values of parents and social norms.

Benefits: SFSC seeks to assist parents and children in understanding the family/cultural components that influence their beliefs, values and behaviour.

Length of course / location: This group is delivered at Flying Start Children's Centres across Luton over 13 weeks including an introductory session for 3.5 hours per session. Please check website for latest details.

Delivered by: Highly trained SFSC Facilitators.

- If you would like someone you are working with to access a targeted parenting programme **(T)** and they are not already open to an Early Help or Social Work service you will need to complete an Early Help Assessment.

* LSCB Threshold Document visit www.lutonlscb.org.uk for more information



henry – Healthy Families Programme

U



Suitable for: Families living in Luton with children 0-5 years.

Specific criteria: henry is a universal programme which is targeted at families with one or more of the following:

- One or more parent overweight or obese
- Poor family eating habits
- Parental anxiety about feeding a child (eg fussy eater)
- Child above the 91st centile.

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Overview: henry is a healthy lifestyle programme for families with children under 5. The programme combines nutrition and activity guidance, with the parenting skills that will enable parents to give their children the best start in life and support them to adopt healthy family lifestyle habits.

Benefits: This evidence based programme is practical, fun and popular with parents. It is proven to have a positive impact on family lifestyles and gives parents the chance to gain new skills to support their children. Each family receives a toolkit of resources including books and games.

Length of course / location: 8 weeks for 2.5 hours per session at Flying Start Children's Centres and other venues across Luton. Please check Flying Start website for latest details

Delivered by: Highly trained henry facilitator and Early Years practitioners.



Mellow Parenting

T



Suitable for: Families living in Luton with children 0-5 years old.

Specific criteria: Targeted programme aimed at families with wider family difficulties (up to Level 4*) such as social isolation, domestic abuse, substance misuse and parental literacy problems. This programme is aimed at mums who have a difficult relationship with their baby and/or toddler.

Overview: Mellow Parenting is a set of programmes developed to support mums and their children in forming good relationships. The foundation of all the programmes is attachment theory with particular emphasis on the transmission of attachment and relationship styles across generations.

Benefits: The aim is to improve parent-child interaction.

Length of course / location: Groups are held at Stepping Stones over a full day and last for 14 weeks. Childcare will be provided where necessary. Please check website for latest details.

Delivered by: Highly trained Mellow Facilitators.

To Refer: Contact Stepping Stones Luton: **01582 457114**, **hello@steppingstonesluton.org.uk** Please mention that this is a Flying Start referral.

* LSCB Threshold Document visit **www.lutonlscb.org.uk** for more information.

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Incredible Years®

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The Incredible Years® 
Parents, teachers, and children training series

Suitable for: Families living in Luton with children aged 3-5 years who are displaying early onset behaviour problems (up to Level 4*).

Specific criteria: Places will be allocated depending on the outcome of a completed Strengths and Difficulties Questionnaire.

Overview: The Preschool Incredible Years Basic Parenting Programme® strengthens parent/child interactions and attachment, reducing harsh discipline and fostering parents' ability to promote children's social, emotional, and language development. Parents also learn how to build school readiness skills. Video clips of real-life situations are used to support the training and trigger parenting group discussions, problem solving, and practice exercises.

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Benefits: The aim is to improve parent/child interaction.

Length of course / location: Group sessions, up to 14 weeks for 2.5 hours. Held at various Flying Start Children's Centres and other venues across Luton. Please check Flying Start website for latest details.

Delivered by: Highly trained Incredible Years Practitioners.

- If you would like someone you are working with to access a targeted parenting programme (T) and they are not already open to an Early Help or Social Work service you will need to complete an Early Help Assessment.

* LSCB Threshold Document visit www.lutonlscb.org.uk for more information.

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Useful contact details

Universal programmes can be booked directly with the agency hosting the programme or workshop. Please see the Flying Start website for more details. www.flyingstartluton.com

Children's Centres

Flying Start North

 01582 546 925

 flyingstartnorth@luton.gov.uk

Limbury Community Centre , Icknield Pavilion, Icknield Way, LU3 2JR

Flying Start South

 01582 482 957

 flyingstartsouth@luton.gov.uk

Bailey Street, Luton LU1 3DU

Flying Start West

 01582 616 604

 flyingstartwest@luton.gov.uk

Dallow Primary School, Dallow Road, Luton, LU1 1LZ

Flying Start Central

 01582 393 440

 flyingstartcentral@luton.gov.uk

Beech Hill Primary School, Dunstable Road, Luton LU4 8BW

Flying Start Parenting Programmes are also delivered at:

Stepping Stones

 01582 457 114

 hello@steppingstonesluton.org.uk

7-9 George Street West, Luton LU1 2BW



Contact the Flying Start Office Team

For additional information on our programmes
please feel free to contact our team:

- **Antenatal Programmes:** please phone **01582 548356** or email: **flyingstartparenting@luton.gcsx.gov.uk**
- **Parenting Programmes :** please phone the Flying Start Parenting Co-ordinator on **01582 548336** or email: **flyingstartparenting@luton.gcsx.gov.uk**

To find out more about how to refer, or current programmes,
please visit the Flying Start website: **www.flyingstartluton.com**



■ By email: **flyingstart@luton.gov.uk**



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