Flying Start Children’s Centre

Delivering children’s centre services in Luton

Antenatal, Postnatal, Parenting
Child Health and Development
Advice and Information

For families living in Luton
For details of times and venues see the Flying Start website www.flyingstartluton.com

All information correct at time of publication

www.flyingstartluton.com
Luton Council works in partnership with midwives (Luton and Dunstable NHS Trust), health visitors (Cambridgeshire Community Services NHS Trust) and other health and early years services in order to deliver a range of activities and sessions that aim to improve life chances for all of our under-fives.

This guide is designed to help parents choose which of the many activities and services on the Flying Start Children’s Centre’s timetable will be most useful for each stage of their child’s development.

**Antenatal**
Activities specifically designed for expectant parents. Come along to help you and your partner prepare for your baby’s arrival.

**Postnatal**
Aimed at parents with babies up to 6 months old, covering essentials for the new parent and baby.

**Child Health and Development**
Children’s centre activities directly linking to the different stages of early years’ development, to help give your child a solid foundation for learning.

**Courses for Parents**
Flying Start delivers a range of evidence based parenting programmes for different stages and needs, giving you a head start and supporting you to feel confident as a parent.

**Advice and Information**
Children’s centres are here to help. Staff can offer advice to families with any queries and/or signpost to other services for specialist support where needed.

flyingstart@luton.gov.uk
## Antenatal

### Pregnancy Club

<table>
<thead>
<tr>
<th>Suitable for</th>
<th>Expectant mothers from eight weeks</th>
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<tbody>
<tr>
<td>Frequency</td>
<td>Monthly two hour session</td>
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Our women only sessions run for women from early on in pregnancy right up to the birth of your baby.

This session is run by midwives and is a relaxed session giving you the opportunity to meet other ‘mum’s to be’, while building confidence regarding the birth of your baby.

Please see website for details of how to book.

### Bump to Babe

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<thead>
<tr>
<th>Suitable for</th>
<th>Expectant mothers, from 25 weeks pregnant and their partner</th>
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<tbody>
<tr>
<td>Frequency</td>
<td>Three week course, weekly two hour session</td>
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Free antenatal classes run by midwives, health visitors and children’s centre staff. The aim of the classes is to prepare expectant parents for pregnancy, birth and early parenthood. Please call or email to book a place:

01582 548 356 or flyingstartparenting@luton.gov.uk

Bump to Babe for young parents is also available via your midwife.

### Think Bump

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<tr>
<th>Suitable for</th>
<th>Expectant mothers needing additional support</th>
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<tr>
<td>Frequency</td>
<td>Monthly two hour session</td>
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Suitable for mums-to -be with anxiety and/or depression between 20 to 32 weeks pregnant. The focus is on what baby can already do and what can be done to make baby welcome. It is an opportunity to help you relax and to discuss concerns with other mums in the same situation.

Please email or call to book a place: flyingstartparenting@luton.gov.uk or 01582 548 356
Preparing for your baby

The children’s centre offers several opportunities to help you get ready to give your child a safe and healthy start. The following sessions are available for parents before baby is born and are run in conjunction with colleagues from midwifery and health visiting service.

**Feeding Your Newborn**

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<tr>
<th>Suitable for</th>
<th>Pregnant women from 24 weeks</th>
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<tr>
<td><strong>Frequency</strong></td>
<td>Weekly session</td>
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These relaxed small groups provide top tips, advice and support to prepare you for feeding your newborn baby. Partners are welcome. Places must be booked. For more information visit the Flying Start website.

**Choosing and using nursery equipment workshop**

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<tr>
<th>Suitable for</th>
<th>Expectant mothers from 12 weeks pregnant and their partners</th>
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<tbody>
<tr>
<td><strong>Frequency</strong></td>
<td>Monthly two hour session</td>
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An informative session recommended to all parents-to-be or new parents regarding the safety of nursery equipment and understanding which products have been tested and conform to British Standard compliancy regulations. Get top tips on keeping your baby safe and providing a safe home environment to raise your family.

**Baby Buddy App**

This free App provides daily information about you and your baby, specific to your stage of pregnancy and your baby’s age. It contains videos, reminders, expert advice and information to guide you through your pregnancy and the first 6 months of your baby’s life.

Baby Buddy has been created with mums, midwives and doctors, so you can be sure that the information is reliable, accurate, and is available 24 hours a day. Free to download.

flyingstart@luton.gov.uk
Here are some sessions that are available especially for parents to attend following the birth of your baby. Advice and support is available on all aspects of parenting including feeding, routines and sleep concerns.

**New B’s Cafe**

<table>
<thead>
<tr>
<th>Suitable for</th>
<th>New breastfeeding mothers</th>
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<tbody>
<tr>
<td>Frequency</td>
<td>Weekly</td>
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New B’s Breastfeeding Café is delivered by skilled staff from the children’s centre and health visiting teams. The café offers a welcoming atmosphere where breastfeeding mums can gain advice and support and meet new friends.

For more information call **01582 548 336** or email **flyingstart@luton.gov.uk** or visit [www.flyingstartluton.com](http://www.flyingstartluton.com)

**Take 5 Café**

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<tr>
<th>Suitable for</th>
<th>Expectant parents and babies up to six months</th>
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<tr>
<td>Frequency</td>
<td>Weekly one hour session</td>
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Take 5 Cafés are informal small group sessions where expectant parents and parents/carers with children under six months are welcome. Each session is part of a rolling programme based on the Five to Thrive approach which highlights five key activities: **Respond • Cuddle • Relax • Play • Talk**

Staff provide practical advice, support and ideas for activities helping to support healthy personal, social and emotional development in your baby. Staff are able to signpost you to other children’s centre activities such as baby massage, benefit and housing advice, and baby groups.

**Baby Massage**

<table>
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<tr>
<th>Suitable for</th>
<th>Parents and babies up to six months</th>
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<tbody>
<tr>
<td>Frequency</td>
<td>Please see children’s centre timetables</td>
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Baby massage is evidenced to have many health benefits for your baby. At our sessions parents are able to learn massage techniques and receive guidance so that they can perform the routine at home. The fully interactive sessions give babies a chance to socialise, and parents/carers to meet and make friends.
Child Health in Luton

Flying Start Children’s Centres, working in partnership
Flying Start works in partnership with the Cambridgeshire Community Services NHS Trust 0-19 service to run key activities that focus on your child’s health and development.

The Cambridgeshire Community Services 0-19 Health Visiting Team
Your health visitor is a qualified nurse or midwife who has gone on to do further training, and leads a team of skill mix staff. These can include community staff nurses, community nursery nurses and health visitor assistants.

You will have five key contacts with your health visitor:

- An antenatal contact, before you have your baby
- Contacts when your baby is born and six to eight weeks following birth.
- Development checks take place from 12 months and from 24 months after you have your child.

flyingstart@luton.gov.uk
**Child Health Clinics – ‘Drop in’**

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<thead>
<tr>
<th>Suitable for</th>
<th>All 0 to 5s</th>
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<tr>
<td>Frequency</td>
<td>Weekly drop in session</td>
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Drop-in clinics run by the Luton 0-19 (Cambridgeshire Community Services NHS Trust), Health Visiting Team. They offer advice and support on your child’s development, feeding, starting solids and monitor the growth, health and wellbeing needs of babies and children.

To speak to a health visitor outside of a clinic you can call the Duty Team number during working hours Monday to Friday on **03334050087**

More information about the Luton 0-19 team and the Health Visiting service is available on the Cambridgeshire Community Services website [http://www.cambscommunityservices.nhs.uk](http://www.cambscommunityservices.nhs.uk)

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You can speak to a health visitor by calling the duty desk number **03334050087**

Your health visitor may advise you to go to your GP for further guidance or direct you to other appropriate healthcare services

You can see a health visitor at a child health clinic at your local children’s centre

With an urgent concern you should ring 111 for advice or 999 if it’s an emergency

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**Your health visitor can also help you with the following:**

- Advice on your child’s growth, feeding and development
- Parenting support for mothers, fathers and carers
- Ante and postnatal depression
- Support for single parents
- Early detection of ill health
- Help to make sense of conflicting media messages about healthy lifestyles
- Advice on healthy eating and health promotion e.g. stop smoking services
- Emotional wellbeing
- Information on local support networks groups
Healthy Start
If you have children under four or are pregnant and on benefits, or if you’re pregnant and under 18, you could qualify for Healthy Start. With Healthy Start, you can get free vouchers every week which you can spend on milk, fruit, vegetables and infant formula milk. You can also get free Healthy Start vitamins.

Ask your health visitor or midwife for details or visit http://www.healthystart.nhs.uk

Healthy Start Vitamins
Pregnant women, women with a child under 12 months and children aged from four weeks to five years (taking less than 500 ml of formula milk) are recommended to take vitamins.

Vitamins are available at children’s centres for a reduced price. To find your nearest children’s centre visit www.flyingstartluton.com

Looking after baby’s teeth
Foods and drinks with added sugar are particularly bad for babies’ teeth. Giving your baby a ‘sweet tooth’ will also discourage them from eating nutritious foods important for their growth and development.

Begin to brush baby’s teeth twice a day every day as soon as they appear. Use a small smear of fluoride toothpaste. This is also a good time for their first visit to a dentist. It is important to ensure they have visited a dentist by one year.

Dental treatment is free for children and women during pregnancy and for 12 months after baby is born. Ask your children’s centre for a list of child friendly dentists in Luton.

Starting Solids information sessions
Information session on when, what and how to introduce solid foods to your baby. Suitable to attend when baby is between three and six months old and has not yet started having solid food.

For more information or to book your place visit the Flying Start website. www.flyingstartluton.com

Infant feeding:
The children’s centre offers a safe and comfortable environment for feeding your baby and trained staff can provide support and information for pregnant women and new mothers on breastfeeding and bottle feeding.
We all know that children need good food and healthy exercise for their bodies to grow strong. But research shows us that their brains need more than this to grow strong. Your child needs loving relationships for healthy brain development. Being with people who love them helps feed their brain.

There are five simple activities that parents do every day that help the brains of children to grow well. These have been described using five key words, one for each activity, so that we can notice this happening, and make sure our children get the brain food they need:

- Respond
- Cuddle
- Relax
- Play
- Talk

These are the ‘Five to Thrive’ of healthy brain development and these messages run through all Flying Start Children’s Centre activities and services.
Child Health and Development Activities

Think Baby

**Suitable for** Parents and baby under one

**Frequency** Weekly 1.5 hour session

Focused on the relationship between you and your baby, this session provides a calm and relaxed environment where staff will be able to help you develop positive interactions and improved attachment.

Baby Talk

**Suitable for** Parent and baby under one

**Frequency** Weekly one hour session

Baby Talk offers parents/carers with babies under 12 months the opportunity to socialise and learn through play, taking part in a wide range of fun activities.

Stay and Play

**Suitable for** Parents and under fives

**Frequency** Weekly 1.5 hour session

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.

flyingstart@luton.gov.uk
Messy Play

**Suitable for**  Parents and under fives  
**Frequency**  Weekly 1.5 hour session

Messy Play is important for young children, giving them endless ways to develop and learn. All types of play are crucial for children’s development and early learning.

Children will discover an enormous number of opportunities for learning and play through investigating and exploring messy play activities.

Play and Learn (Peep)

**Suitable for**  Parents and under fives  
**Frequency**  Weekly 1.5 hour session

Open to all families for parents and their children to attend together.

This session provides an opportunity for mums, dads and carers to access activities to support your children’s learning in everyday situations, using listening, talking, playing, singing, sharing books and most importantly having fun!
Courses for Parents

Our parenting programme is designed to equip you with tips and tools to increase your confidence for your parenting journey.

Please feel free to speak to one of our family workers for further information and if you are interested in attending.

**Parenting Puzzle**

Four sessions ideally suited to parents of younger children looking at how you can increase your understanding of your child and manage their behaviour positively helping to create calmer, happier family life.

This course is open to all parents, please call your local children’s centre to book.

**Nurturing Programme**

This 10 week programme will help you think about what you do as a parent. It focuses on recognising the feelings behind behaviour (ours and theirs); exploring different approaches to discipline; finding ways to develop your child’s self-esteem and the importance of looking after yourself.

Please call your local children’s centre to book. This course is open to all parents.

flyingstart@luton.gov.uk
Strengthening Families, Strengthening Communities

A fully inclusive 13 week parenting course that encourages close and warm relationships between you and your children.

This course will cover managing anger, relaxation, ethnic and cultural roots, raising self-esteem and confidence, causes of behaviour, sensitive discipline strategies and family values.

For more details and to book your place please ring Flying Start Central on 01582 393 440.

Healthy Families: Right from the Start with Henry

Henry is an eight week programme that can support you with ensuring a healthy start for your child. Children can make mealtimes feel stressful and providing healthy lifestyles for them can be challenging. Henry helps to overcome those challenges so you can have a happy and healthy family life.

The programme gives you the tools and skills you need, to help provide a healthy lifestyle for your family. The programme covers five themes: parenting confidence, physical activity for little ones, what you eat, family lifestyle habits and enjoying life as a family. You will receive a free parenting kit which includes lots of resources to use at home with your family including 4 colourful story books. There are also one off workshops available on fussy eating, eating well on a budget and getting active. For more information contact the Henry coordinator on 01582 548336 or Flyingstartparenting@luton.gov.uk

Incredible Years®

This 14 week course is particularly useful if you have identified some challenging behaviours from your child and would like some support to develop other problem solving skills to have a calmer family life.

This course has joining criteria. Please contact the Flying Start office for further details on 01582 548 336.
Children’s centre staff are there to provide help and advice on a range of issues affecting you and your family. Please ask to speak to a staff member at a centre, or call/email your local centre listed on the back of this booklet.

**Time for 2’s** - Your two year old could get 15 hours a week free childcare from the term after they turn two if you receive certain benefits or are living on a low income. Our dedicated two year old support workers can help you find out about nurseries and pre-schools and can support you with applications for two year funding.

**Three and four year old funding** - every three and four year old is entitled to 15 hours free early learning and childcare per week (if used in term time only) from the term after their third birthday. Working families may be eligible for an additional 15 hours per week bringing their entitlement up to 30 hours per week (if used in term time only). For more information please contact Luton Family Information Service.

**Luton Family Information Service (FIS)**
Luton FIS provides information, advice and guidance on a variety of services, helplines and websites that are useful to parents, carers, children and young people under the age of 20. This information covers: childcare, nursery places, holiday activities, help with the cost of childcare, working with children and family support.

Tel: 01582 548888  
Email: fis@luton.gov.uk  
Web: www.luton.gov.uk/fis

**Safe at Home** - Safe at home offers advice and FREE home safety assessments for all families, helping to make your home safer and reduce the risk of common childhood accidents.

Families in receipt of Universal Credit or other qualifying benefits may be entitled to child safety equipment such as safety gates, cupboard locks, window restrictors, fireguard etc.

You can apply to the scheme via our website [www.safeathomecip.org.uk](http://www.safeathomecip.org.uk).

By Telephone: To apply for a home safety assessment and equipment call us on: 07545 043 551

Email: safefamily@luton.gov.uk  
Web: www.safeathomecip.org.uk

**Adult Learning** - Opportunities for you, whether you are looking to go back to work or build skills for the future. Ask us for information about how to access courses and training through a Flying Start Children’s Centre.

**Advice and Information**
Get involved!

Parental feedback
We are always keen to hear from you. We welcome your comments, experiences, suggestions and ideas of how we can ensure our services meet your needs.

Here are some of the ways to get in touch:

- **By Email:** each centre has its own email address which can be found on the back of this booklet.
  Alternatively for general information about Flying Start please email flyingstart@luton.gov.uk

- **In person:** Please come along to one of our sessions. Staff will be happy to listen to your query and help you as much as we can. Alternatively each site has a feedback box and there are forms available to fill in to leave your message.

- **Via Facebook:** Find us via the Flying Start Facebook page which has links to each area. Pages are updated regularly to help keep you up to date with what’s on.

Volunteering opportunities
If you are interested in volunteering at your local children’s centre please contact the Flying Start Volunteer Officer on **01582 548 356**

We have a diverse range of volunteer opportunities including roles focused around the three key areas of communication and language, parenting and engagement. Whether you wish to gain experience to help you back into work, or would like to offer support at your local centre, we are keen to hear from you.

Events/Trips activities
From time to time each Flying Start neighbourhood will run special events, trips and activities for families living in their areas. These will be advertised locally closer to the time. Please keep an eye out at your local children’s centre and on our Facebook pages.