**Flying Start Universal Offer 2021**

Flying Start will continue to offer a programme for all families in **Luton** with **under 5s**. At present, these groups are all virtual via the ZOOM platform but we hope to develop face to face sessions later on in the year. Please encourage parents to visit [www.flyingstartluton.com](http://www.flyingstartluton.com) and email [**flyingstart@luton.gov.uk**](mailto:flyingstart@luton.gov.uk) or call **01582 548356** to book.

**Antenatal and Postnatal Services**

**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 pregnancyliving in Luton

**Keeping Baby Safe Workshop on Zoom**

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 parents in Luton

**Baby and Me on Zoom**

This postnatal group follows on from Luton Bumps on Zoom. New Mums and Dads can return to this social group with baby up until 6 months and get the chance to meet other local parents and bond with baby whilst learning and having fun. This group supporting with all aspects of being a parent is also held for an hour every other week.

**Suitable for:** New parents with babies up to 6 months

**Starting Solids Workshop on Zoom**

This 1.5 hour session provides information on when, what and how to introduce solid foods.

**Suitable for:** New parents with babies 3 to 6 months who have not yet started solids

**Baby Talk: Songs, Signs and Rhymes on Zoom**

This 30 minute zoom group offers parents with babies the opportunity to socialise and learn through play- using songs, signs and rhymes.

**Suitable for:** Parents with babies under 12 months living in Luton

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

**Parent Workshops on Zoom**

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

* Sleep and Bedtime Routines **Suitable for:** Parents of babies aged 1 and under
* Toilet Training **Suitable for:** Parents of 1 to 3 year olds (before or during toilet training)
* Terrific Twos **Suitable for:** Parents of 2 year olds (behaviour, routines, learning)

**Talking Takes Off for Communication on Zoom**

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 whilst virtual, we can accept 1 to 3 years.

**Suitable for:** Parents of 1 to 3 year olds living in Luton

**Parenting Puzzle Programme**

This four week programme supports parents of babies and 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 you 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

**Talking Takes Off Drop-In Calls**

Our speech and language therapist is offering appointments to talk to parents about their child’s talking and listening skills over the phone if they have concerns. The service is suitable for children who are not already known to the Speech and Language Therapy Service.

**Suitable for:** Parents of under 5s living in Luton with early concerns about their child’s talking.

**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](http://www.inourplace.co.uk) Access Code: **HATTERS**

**Other Under 5s Services for Luton families running in partnership**

**Check into Chat (Luton Adult Learning)**

This is a free, short course (3 weeks), delivered on Zoom, to help families to develop speech, language and communication in children under 3.

* Find out how young children learn to communicate and develop language skills through everyday activities and routines
* Gather ideas to help your child’s communication skills at home
* Develop the way you communicate with your child

To book: please call 07477807017 (Monday to Thursday 8am to 4pm) or 01582 490033

**Healthy Start Vitamins (Active Luton)**

All pregnant and breastfeeding women and children from birth until 5 years old need vitamin supplements (for children who are having 500ml or more of formula a day these vitamins are not needed). Healthy Start vitamins are suitable for vegetarians and halal diets, and free from milk, egg, gluten, soya and peanut residues.

Vitamins can now be purchased/collected from Active Luton sites:

Hightown Community Sports & Arts Centre (Concorde Street, Luton, LU2 0JD)

*Contactless payments or Healthy Start vouchers only*

* Monday 11am to 4pm
* Wednesday 11am to 4pm

Lea Manor Recreation Centre (Northwell Drive, Luton, LU3 3TL)

* Monday to Friday 11am to 4pm
* Saturday 10am to 1pm

Lewsey Sport Park (Pastures Way, Luton, LU4 0PF)

* Monday to Friday 11am to 4pm
* Saturday 10am to 1pm

**Flying Start Learning & Development Hub: Free Training for Professionals**

We are continuing to invest in providing opportunities for staff to access evidence based learning and development courses to support the primary prevention and early help key messages that underpin healthy development in the very earliest years of life.

At present we have the following training available:

* Five to Thrive elearning and in person training coming soon from KCA
* SEND elearning from KCA
* Talking Takes Off- Universal and Enhanced training (both live and recorded)

Please check the professional training area of our website for the latest information <https://www.flyingstartluton.com> and/or email [flyingstart@luton.gov.uk](mailto:flyingstart@luton.gov.uk) / call 01582 548356