

## **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](http://www.flyingstartluton.com) and email [flyingstart@eyalliance.org.uk](mailto:flyingstart@eyalliance.org.uk) or call **01582 368245** to book

### **Antenatal Services**

#### **ESOL for Pregnancy**

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 hour-long group runs on Zoom every other week providing a great opportunity for women to share experiences, support each other and ask questions whilst getting some advice from our staff and guest speakers, including a midwife.

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

#### **Pregnancy Club – women and partners**

This programme provides social support and key information for a healthy pregnancy. There are sessions that focus on mother's health (eating well for pregnancy, physical activity and mental well-being) and sessions that focus on baby's health (labour and birth, feeding, sleep, safety and illness).

**Suitable for:** Luton Pregnant women at any stage of pregnancy and partners

#### **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 three 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)

### Baby Rhyme and Sign

Nursery rhymes and action songs are great fun and also help stimulate language development. Flying Start's Rhyme and Sign group combines the benefits of both music and signing.

**Suitable for:** New Luton parents with babies aged 6 months to 18 months

### Parent Baby Self- Weighing

Scales with instructions available to self-weigh babies. Please note: this is not a Health Visitor clinic with staff supporting. Any concerns- parents need to contact the Health Hub.

**Suitable for:** New Luton parents with babies under two years

### Breastfeeding Café

Drop in session for mothers to get breastfeeding support

**Suitable for:** New Luton parents with babies under two years

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

### Solihull Online Learning

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**

### Play and Learn

Our Play and Learn 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, rhymes and lots more!

**Suitable for:** New Luton parents with children aged one and over



## Parent Chat Drop In

Our friendly Community Link Worker will be available to tell parents about Flying Start sessions as well as answer any questions they have about parenting topics such as developmental milestones, age-appropriate behaviour and family relationships. They can also signpost to other Luton services as appropriate.

**Suitable for:** Luton parents with children aged under five

## Music and Rhyme Time with Jolly Beans

Making new friends and learning lots of skills through music, movement and different instruments.

**Suitable for:** Parents of under-fives 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 eight.

**Suitable for:** Dads/Carers of under eights living in Luton

## 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 three to six months (before starting)
- **Starting Solids Next Steps** **Suitable for:** Parents of six to twelve months
- **Sleep and Bedtime Routines** **Suitable for:** Parents of under fives
- **Common Childhood Illnesses** **Suitable for:** Parents of under fives
- **Fussy Eating** **Suitable for:** Parents of over ones
- **Toilet Training** **Suitable for:** Parents of 18 months+
- **Oral Health** **Suitable for:** Parents of over twos
- **Understanding Behaviour** **Suitable for:** Parents of over twos

## Parenting Puzzle Programme

This four-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 children ages one to five years living in Luton



## HENRY Healthy Lifestyles Programme

This eight-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 children aged six months to five years living in Luton

## Little Talkers

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 two year olds but we can accept 18 months to three years.

**Suitable for:** Parents of 18 months to three-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-fives living in Luton with early concerns- not known to the Speech and Language Therapy Service

## Safe at Home

Safe at Home Luton is a child accident prevention programme aimed at families from pregnancy through to the child's fifth 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-fives living in Luton

