

# Start for Life

Services and  
support to help you  
and your baby.



Funded by  
UK Government



City of  
**Stoke-on-Trent**

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For more up to date information please visit the

# Family Hub Website

Here you will find information on child development, parenting and health from conception to age nineteen / twenty five (SEND)

Visit - <https://familyhub.stoke.gov.uk>



# What is Start for Life?

Child health experts agree that the care given during the first 1,001 days (from pregnancy to age 2) is really important for a child's future. This time has a huge effect on their health, well-being, brain development and future opportunities.

Families can get help from lots of sources, like healthcare providers, volunteers, family, or friends. We want to make it easier for families in Stoke-on-Trent to find help and support during this time.



# Pregnancy

While lots of people feel excited and happy during pregnancy, it can be a worrying and stressful time, if you feel this way, you are not alone!

There are plenty of services on hand to help you with any questions or problems you may have. It is important to make sure that you get medical support during your pregnancy to ensure that both Mum and baby stay healthy.

## Health services you will need



### Doctor (GP)

If you are pregnant or thinking about having a baby, it is important to make sure that you are registered with a Doctor so that you can get the right medical care.

If you are not registered with a Doctor, you can search for your nearest online at

**www. <https://www.nhs.uk/service-search/find-a-gp>**

If you do not have access to the internet or need help, you can pop into your local Family Hub for help



### Midwives

When you discover you are pregnant, you will need to register with the midwives at

**www.mypregnancynotes.com**

If you cannot register through the website, you can call into or telephone your GP who will be able to refer you to midwives.

You will usually have your first (booking in) appointment at around 8 weeks and your first scan at 12 weeks.



### Healthy Start Vitamins

When you are pregnant, it is important that you are getting all of the nutrients and vitamins that you need. From 10 weeks on pregnancy onwards, you can get free 'Healthy Start' vitamins that contain the additional vitamins and folic acid that you need for a healthy pregnancy.

You can collect these vitamins from any Stoke-on-Trent Family Hub.



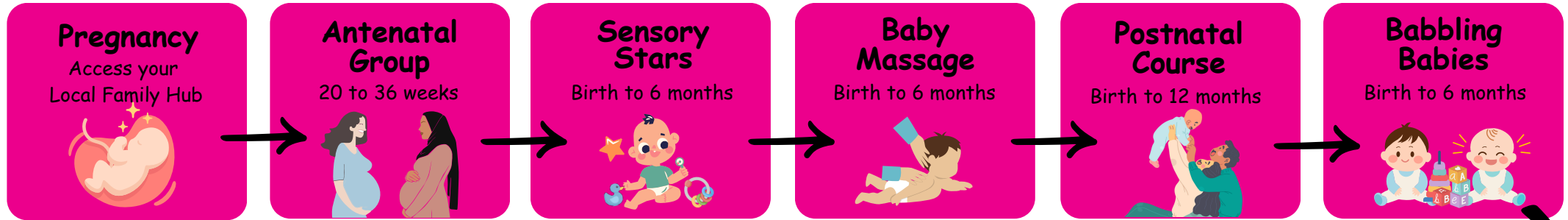
# The First 1001 Days

## Appointments and checks



# Groups and Activities

## Pregnancy to 6 Month Old



## 6 Months to 3 years old



## 4 years and beyond



## Other Activities and Groups



# Start for Life

## Pregnancy, Birth, Baby

## 0 to 6 Months

## 6 to 12 Months

## 1 to 2 Years

### Health

**GP (Doctor)** - Health appointments  
**Midwife** - Appointments between 8 and 41 weeks.  
 Scans at 12 and 20 weeks  
**Health Visitor** - Between 24 and 38 weeks antenatal appointment  
**Vaccinations in Pregnancy** - Flu, Whooping Cough, RSV, Covid-19  
**Health Start Vitamins**

**GP (Doctor)** - Health appointments  
**Midwife** - Day 1, day 3, day 5 and around day 10  
**Health Visitor** - Between 10 to 14 days. 6 week mum and baby review.  
 Well Baby clinics for regular weigh checks and advice..  
**Child Immunisations** - 8 weeks, 12 weeks and 16 weeks  
**Health Start Vitamins**

**GP (Doctor)** - Health appointments  
**Health Visitor** - Well Baby clinics for regular weigh checks and advice.  
 9 to 12 month health check  
**Health Start Vitamins**

**GP (Doctor)** - Health appointments  
**Health Visitor** - Well Baby clinics for regular weigh checks and advice.  
 2 to 2 and half years health check  
**Child Immunisations** - 1 and 2 years  
**Health Start Vitamins**

### Groups and Support

Antenatal Course  
 Breastfeeding Network Group and Feeding Workshops  
 Perinatal Mental Health Support Groups  
 Family Advisor Support

Family Hub Under 5's Groups  
 Postnatal Baby Course  
 Enjoy Your Baby Course  
 Breastfeeding Network Groups  
 Weaning Sessions  
 Perinatal Mental Health Support Groups  
 Family Advisor Support

Family Hub Under 5's Groups  
 Playful Parenting Course  
 Breastfeeding Network Group  
 Weaning Sessions  
 Perinatal Mental Health Support Groups  
 Family Advisor Support

Family Hub Under 5's Groups  
 Playful Parenting Course  
 Breastfeeding Network Groups  
 Potty Training Sessions  
 Family Advisor Support

### Online and Apps

**Family Hub Website**  
**In Our Place Parenting Courses**

**Anya** - Parenting and infant feeding support.  
**DadPad** - An essential guide for new dads.  
**EasyPeasy** - An early learning parenting app, for children aged 0-5.

### Support by Referral

Stop Smoking Service  
 Drymester  
 Specialist Prenatal Mental Health Support  
 Health Start Card

Specialist Prenatal Mental Health Support  
 Parent and Baby Unit Sessions  
 Tongue Tie Support  
 Parenting One to One Support  
 Incredible Years Baby Sessions  
 Health Start Card

Specialist Prenatal Mental Health Support  
 Parent and Baby Unit Sessions  
 Parenting One to One Support  
 Incredible Early Years Sessions  
 Portage SEN Groups  
 PEGiS  
 Health Start Card

Parenting One to One Support  
 Incredible Early Years Sessions  
 Portage SEN Groups  
 PEGiS  
 Speech and Language Support  
 Toileting Support  
 Health Start Card

# Health Visitors

The Health Visiting and School Nursing teams are here to support parents, carers and young people to be healthy. They provide advice and support right through from pregnancy up until a child is 19.

## How to get in contact



Stoke-on-Trent 0-19 Hub (Freephone) **0808 178 3374**

ChatHealth Text Messaging Service for Parents/Carers - **07312 277161**

Website - <https://www.mpft.nhs.uk/services/health-visiting-and-school-nursing>



SCAN HERE

### Antenatal Appointment



This is the first contact you will have with your Health Visitor, they will contact you between 28 and 40 weeks of your pregnancy.

If you wish you can meet and get to know each other. During the visit they will explain what you can expect from the service and look at any needs you and your family may have whilst also providing you with some health information about having a new baby.

### Appointments

10-14 days, 3-4 weeks and 6 - 8 weeks



Once you have had your baby your Health Visitor will visit you at home to find out about your health and wellbeing, as well as your baby's.

They will offer advice on safe sleeping, vaccinations, feeding your baby, adjusting to life as a new parent, your baby's development. Speak to them in confidence, and they can provide further support if needed.

### Development Reviews

9 to 12 months and 2 to 2 half years



You will be invited to two development reviews, one when your child is between 9 and 12 months old and then again when they are between 2 and 2 and half years old.

For these reviews you will be asked to complete an 'Ages and Stages' questionnaire before the appointment. The reviews provide an overview of how your child is developing in important areas such as communication, physical ability, social skills, and problem-solving skills. The review can help to identify your child's strengths as well as any areas your child may need additional support with.



## Well Baby Clinics



After the first 2 weeks, your baby should be weighed: no more than once a month up to 6 months of age, no more than once every 2 months from 6 to 12 months of age, no more than once every 3 months over the age of 1. Your baby will usually only be weighed more often than this if you ask for it or if there are concerns about their health or growth.

To find your closest Well Baby Clinic please visit the website  
<https://www.mpft.nhs.uk/services/health-visiting-and-school-nursing/stoke-trent-clinics-service/well-baby-clinics-stoke-trent>



## Information and Advice

Health Visitors can also help you with issues you may have around development and behaviour:

- Good sleeping habits
- Feeding your child - breastmilk, formula, solids, healthy
- Coping with minor illnesses
- Managing a crying baby
- Immunisations
- Toileting
- Speech, Language and Communication
- Any other concerns you have about your child, yourself, or your family.



## Child Immunisations

Immunisations are sometimes called vaccinations and prevent your child from getting certain childhood illnesses. It is important that they are up to date with these. You will usually be contacted when it is time for these.

### 8 weeks

- 6-in-1 vaccine
- Rotavirus vaccine
- MenB vaccine

### 12 weeks

- 6-in-1 vaccine (2nd dose)
- Pneumococcal vaccine
- Rotavirus vaccine (2nd dose)

### 16 weeks

- 6-in-1 vaccine (3rd dose)
- MenB vaccine (2nd dose)

### 1 year

- Hib/MenC vaccine (1st dose)
- MMR vaccine (1st dose)
- Pneumococcal vaccine (2nd dose)
- MenB vaccine (3rd dose)

### 2 to 15 years

Children's flu vaccine (every year until children finish secondary school)

### 3 years and 4 months

- MMR vaccine (2nd dose)
- 4-in-1 pre-school booster vaccine



If you are worried that your child may have missed an immunisation, speak to your Health Visitor.



# Healthy Start

The Healthy Start Card is available to pregnant women more than 10 weeks pregnant or have a child under the age of 4 who receive state benefits. The Healthy Start Card is topped up with money every 4 weeks.



You can use your card to buy:

- Plain liquid cow's milk
- Fresh, frozen, and tinned fruit and vegetables
- Fresh, dried, and tinned pulses
- Infant formula milk based on cow's milk

You can also use your card to collect:

- Healthy Start vitamins - these support you during pregnancy and breastfeeding
- Vitamin drops for babies and young children - these are suitable from birth to 4 years old

Apply at [www.healthystart.nhs.uk/how-to-apply/](http://www.healthystart.nhs.uk/how-to-apply/) or call 0300 300 7010

Pick up your vitamin from your local Family Hub

## Speech and Language

As well as providing support for children and young people with their speech, language and communication, speech and language therapists also provide specialist assessment and support for eating, drinking and swallowing. Your health visitor or midwife will usually provide you with advice and support but will sometimes ask for our specialist swallowing team to be involved.





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## In our place FREE Online courses

Supporting emotional health and wellbeing from 0 to 19 years plus.

Free online courses for parents, carers, grandparents and teens.



### Courses include:

Understanding pregnancy, birth and labour

Understanding your baby



Understanding your child, from toddler to teenager

Understanding your Relationships



[www.inourplace.co.uk](http://www.inourplace.co.uk)

## EasyPeasy App

The EasyPeasy app helps parents by providing the connections, support and real-world inspiration that are needed on the parenting journey.



Ideal for children aged 0 to 5 years. Get fun tips and advice on development, health, play and problem solving.



The app is free for all families living in Stoke-on-Trent.



[www.easypeasyapp.com](http://www.easypeasyapp.com)

## Anya App

An app designed to help with pregnancy, birth, parenting and infant feeding.

The app has live support available 24 hours a day, videos, information and three dimensional demonstrations.



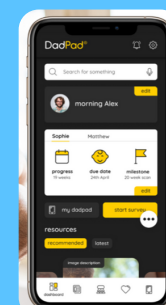
The app is free for all families living in Stoke-on-Trent.

[www.anya.health.com](http://www.anya.health.com)



## Dadpad App

Is the essential guide for new dads, developed with the NHS. It offers knowledge and practical skills that you need for pregnancy, birth and a new baby, and advice including how to care for neonatal babies and help with co parenting.



The app is free for all families living in Stoke-on-Trent.

[www.thedadpad.co.uk](http://www.thedadpad.co.uk)





# Family Hubs

Family Hubs are a network of places and spaces across Stoke-on-Trent for children, young people and their families. They are a place you can visit to receive information and guidance on supporting the health and wellbeing of your family and yourselves.



**Bentilee Family Hub**  
Dawlish Drive, Bentilee, ST2 0HW  
Telephone - 01782 233670  
Email - supportingfamiliesse@stoke.gov.uk

**Chell Heath Family Hub**  
Bishops Road, Chell Heath, ST6 6QW  
Telephone - 01782 232977  
Email - supportingfamiliesnorth@stoke.gov.uk

**Family Hub @ Hanley Market**  
Potteries Shopping Centre, Basement, Hanley, ST1 1PP  
Email - supportingfamiliescentral@stoke.gov.uk

**Normacot Family Hub**  
Buccleuch Road, Normacot, ST3 4RF  
Telephone - 01782 237500  
Email - supportingfamiliesse@stoke.gov.uk

**Shelton Family Hub**  
College Road, Shelton, ST4 2DQ  
Telephone - 01782 237100  
Email - supportingfamiliescentral@stoke.gov.uk

**Tunstall Family Hub**  
Tunstall Town Hall, High Street, Tunstall, ST6 5TP  
Email - supportingfamiliesnorth@stoke.gov.uk

