

Start for Life

Together making a difference

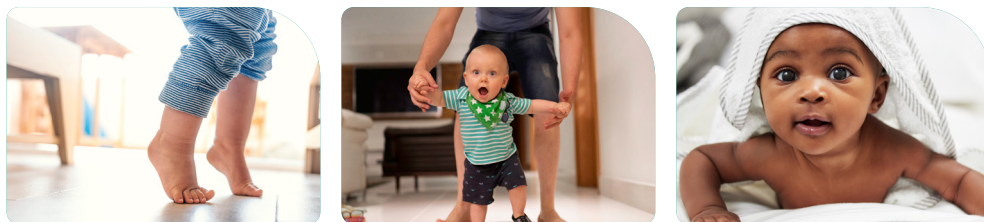


Did you know that the first 1001 days of a baby's life is the most important part of their development? Our Family Help teams can help you give your baby the best possible start in life, whatever your circumstances and wherever your location within Westmorland and Furness.

We understand this time is a mixture of highs and lows, experiences of happiness, excitement, tiredness and sometimes being overwhelmed. We can support you through these emotions.

Our Family Help teams will show you what's on offer and how to access support from services such as Midwifery, Health Visiting and Early Years and Childcare, from conception to baby's 2nd birthday.

For further information visit our website Homepage: Westmorland and Furness Family Hubs (wandffamilyhubs.org.uk)



For more
information scan
here:



You can also contact the Family Help teams by visiting us in person or by phone at any of the centres below:

Family Hub

Barrow Library, Ramsden Square, Barrow in Furness, Cumbria LA14 1LL

T: 01229 407384

Opening hours: 9.30-5.00 Monday to Friday

E: familyhubs@westmorlandandfurness.gov.uk

W: wandffamilyhubs.org.uk

Facebook: Family Hubs Barrow in Furness

Child and Family Support Service Centres:

Family Action – Barrow

Greengate Street, Barrow-in Furness, Cumbria LA14 1BG

T: 01229 821855

Barnardo's – Penrith and Eden

The Regent, Old London Road, Penrith, Cumbria CA11 8ET

T: 01768 899901

Action for Children – South Lakes

Kendal Green, Kendal, Cumbria LA9 5PP

T: 01539 734456

At all these locations and online you will find friendly help and advice about: Antenatal care and birth, health visiting, feeding support, Special Educational Needs and Disabilities (SEND), health, playing and exploring, active babies and toddlers, childcare, support and wellbeing.

If at any time you are concerned about health and wellbeing or baby's development, contact your health visiting or midwife teams.



Pregnancy to 2 Years

Keep this handy guide on your fridge as a reminder and tick off as you go

Pre-birth	Birth	0-1 year	1-2 years	Beyond 1001 days
Booking at 10 weeks	Parent/baby self weigh sessions	Baby groups and activities	MMR and booster vaccines	2 year developmental check
12-14 weeks dating scan	First visit, day 2 - 5	6-8 week family check	Groups and activities to support with development stages	Groups and activities to support with development stages
16 weeks antenatal appointment	10-14 days new birth visit	6-8 week baby check	Supporting your parenting journey	3 to 4 year old nursery place
20 week ultrasound		8-16 weeks first vaccinations		
25 and 28 weeks midwife antenatal appointment		Support for parent-child relationship		
28-36 weeks Health Visitor antenatal visit		9-12 month developmental check		
Antenatal sessions	Infant feeding support and advice			
	Childcare information			



Child and Family Information Service : Telephone 03457 125 737 or Email childrens.information@cumberland.gov.uk