



**Raise York**  
Your Family Hub Network



# Supporting your parenting journey in York

Expecting a baby; babies and young children





# Hello,

This booklet has lots of information to help you, your family and your new baby.

There's helpful advice on a range of topics, including feeding and looking after your emotional and mental health.

You can also get the latest information about what support you can get in your local area at [raiseyork.co.uk/communitysupport](https://www.raiseyork.co.uk/communitysupport)

We know that being a parent can be tricky sometimes. Whatever your question, concern or issue, you're not alone. There are lots of places in York where you can get advice and people who can help.



# Brain development

## What happens in the first few years of a child's life can shape their whole life.

Our brains develop more in the first few years of our lives than at any other time. What happens to us when we're very young can shape how healthy we are as adults. It can also affect how we control our emotions, cope with stress and many other things.

As parents and carers, we can help our children by feeding our babies when they want food, singing, playing and chatting to them as soon

as they're born, even when they're tiny babies.

Encouraging them to move and play, making sure they have healthy food, and showing them love and affection all help brain development.

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You can find out more about how to support your child's brain development at [raiseyork.co.uk/earlybraindevelopment](https://www.raiseyork.co.uk/earlybraindevelopment)



# Midwives and Health Visitors

**There are lots of people in York who can help you through your pregnancy and parent journey.**

## Midwives

Midwives are specially trained to look after mums and babies during pregnancy, labour and after the birth. Maternity services in York are delivered from hospital and in the community.

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Find out more about  
York Hospital Maternity Services  
at [yorkhospitals.nhs.uk](https://yorkhospitals.nhs.uk)  
or call **01904 726720**



Scan this  
QR code to  
self-refer for  
antenatal care  
and access  
BadgerNotes.

## Health Visitors (Healthy Child Service)

Health Visitors are part of York's Healthy Child Service. We're here to help you and your family.

Our service includes Health Visitors (who are all qualified nurses or midwives who specialise in supporting families with younger children) and School Nurses.

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For more information  
visit [raiseyork.co.uk/healthychildservice](https://raiseyork.co.uk/healthychildservice)  
or call **01904 555475**

You can find out more about  
pregnancy, birth and after the  
birth at [humber  
andnorthyorkshire  
maternity.org.uk](https://humberandnorthyorkshirematernity.org.uk)

# Journey through pregnancy

## Routine Midwifery appointments

Each appointment will differ depending on the needs of you and your unborn baby. Care will be individual to you, depending on your needs and may include additional appointments at the hospital.

### 8-10 weeks pregnant

Booking appointment with Midwife

### 11-14 weeks pregnant

Dating scan

### 16 weeks pregnant

Antenatal appointment with Midwife\*

### 18-21 weeks pregnant

Anatomy scan

### 25 weeks (1st baby)

Antenatal appointment with Midwife

### 28 weeks pregnant

Antenatal appointment with Midwife

### 31 weeks (1st baby)

Antenatal appointment with Midwife

### 34 weeks pregnant

Antenatal appointment with Midwife

### 36 weeks pregnant

Antenatal appointment with Midwife

### 38 weeks pregnant

Antenatal appointment with Midwife

### 40 weeks (1st baby)

Antenatal appointment with Midwife

### 41 weeks

Antenatal appointment with Midwife

\*discuss maternal vaccination or vaccination in pregnancy

### 42 weeks

Antenatal appointment with Midwife

## Healthy Child Service (0-5 years) Health and Wellbeing Reviews and Contact with a Parent/Family

### >28 weeks gestation

Antenatal health promoting review

### 10-14 days after birth

New baby review

### 6-8 week

Review

### 3-4 month

Workshop

### 1 year

Review

### 2-2.5 year

Review

For more details visit

[nhs.uk/pregnancy/your-pregnancy-care/your-antenatal-appointments](https://nhs.uk/pregnancy/your-pregnancy-care/your-antenatal-appointments)

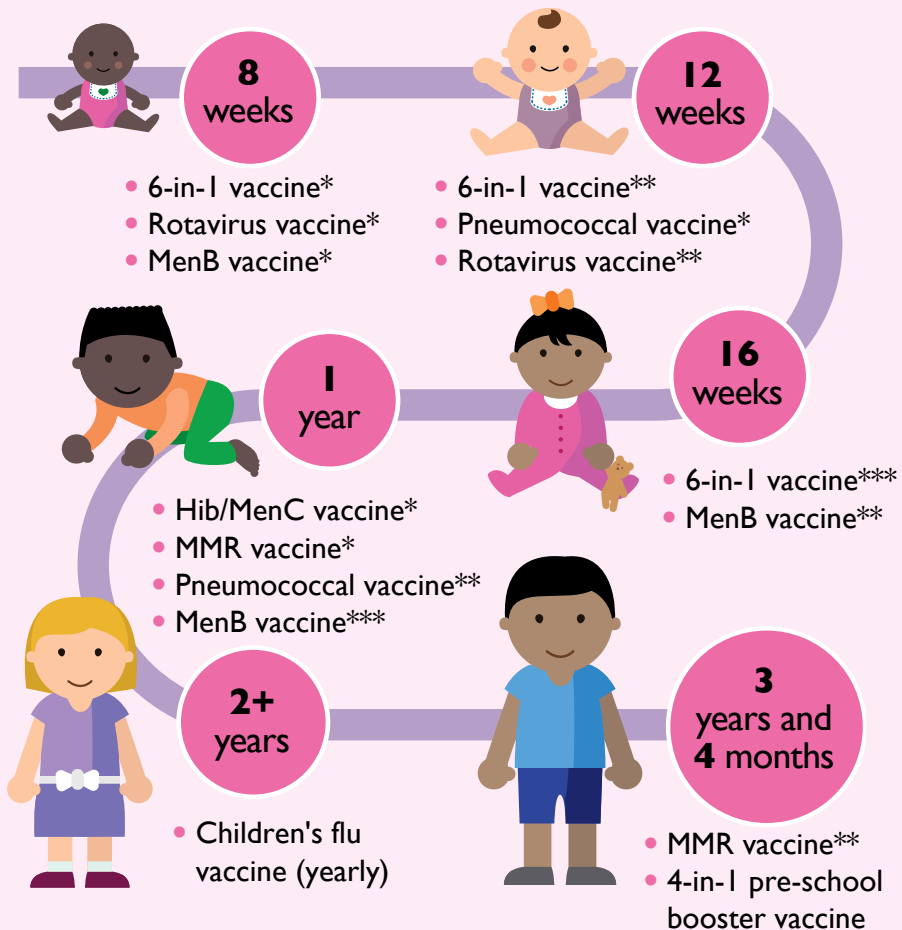
# Childhood vaccinations



**It's important that vaccines are given on time for the best protection, but if you or your child missed a vaccine, contact your GP to catch up.**

**\*first dose, \*\*second dose, \*\*\*third dose**

**6-in-1** protects against diphtheria, tetanus, whooping cough, polio, Hib and hepatitis B.

**4-in-1** protects against diphtheria, tetanus, whooping cough and polio.



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- Childhood illnesses like measles and whooping cough are rising
  - These illnesses can make children very sick, leading to hospital stays or lifelong problems
  - If your child is not vaccinated, they are not protected
  - It's important that vaccines are given on time for the best protection. Some need booster doses later too
  - Check your child's red book or speak to your GP practice to see if they have missed any
  - You can still catch up on most missed vaccines
- All the childhood vaccinations are free. As children grow up, they will be offered more vaccination appointments, right up until they are teenagers. Some vaccines are offered at school
  - Vaccinations offered by the NHS are thoroughly tested to assess how safe and effective they are. All medicines can cause side effects, but vaccines are among the very safest
  - Research from around the world shows that immunisation is the safest way to protect our children's health
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# Parental mental health and bonding

**The bond the baby has with their parent or carer is one of the most important they'll ever have.**

How you care for your baby and respond to their needs as a parent or carer helps to shape the way their brain develops.

Around one in five parents struggle with their emotional and mental health before and after the baby is born, as they get used to the changes and challenges. This can affect the bond between them and their baby.

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If you're struggling with how you're feeling, remember that you're not alone. Help is available.

If you're pregnant or a mum with a baby under 1 year old, please speak to your midwife or Health Visitor to get the right help and support.

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Other adults in your family can visit [qwell.io](https://www.qwell.io) or speak to their GP or Local Area Co-ordinator for help.

Visit [raiseyork.co.uk/pmh](https://www.raiseyork.co.uk/pmh) for more information.





# Infant feeding

**Deciding how you are going to feed your baby is an important decision.**

Midwives and Health Visitors are trained to help you choose a way of feeding that's right and safe for you and your baby. They are also there to support you with feeding.

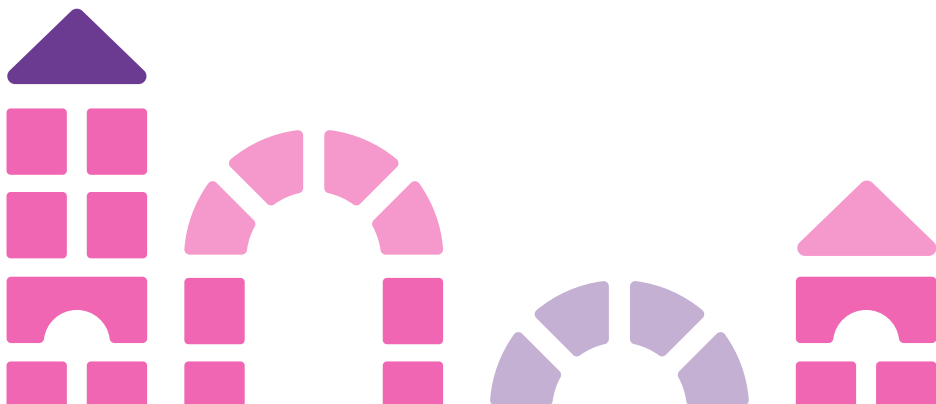
Speak to your midwife or health visitor for advice that's tailored to you.

If you are breastfeeding your baby, you may find groups like Treasure Chest Breastfeeding Group York helpful.

**Find out more at:**  
**[treasurechest.org.uk](http://treasurechest.org.uk)**

However, you feed your baby it is important to follow their signs to want to feed and not the clock. Feeding in this way helps them to feel loved, safe and secure and supports brain development.

**Find out more at:**  
**[raiseyork.co.uk/infantfeeding](http://raiseyork.co.uk/infantfeeding)**



# Speech, language and communication

**Talking, reading, and playing with your child as soon as they're born helps their brain to grow and develop.**

Learning to talk and communicate well when they're young helps children to make friends, feel good about themselves, and do better in school.

To help your child learn, you can talk to them, ask questions, and listen to what they say.

You can also read stories together, play games that involve talking, and encourage them to express themselves in their own way.

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For more information visit [\*\*raiseyork.co.uk/speechlanguagecommunication\*\*](https://www.raiseyork.co.uk/speechlanguagecommunication)







# Early childhood education and care

**As your child gets older, you might want to think about regular childcare support.**

Regularly attending a childcare setting, like a nursery or childminder, can help children learn to play with others, develop new skills and get ready for school.

It can also help you get time to work, study or do all those things that are tricky with a young child around!

Nationally funded childcare is now available for children as young as 9 months old.

To find out more visit:  
**[childcarechoices.gov.uk](https://childcarechoices.gov.uk)**

For tips and hints on choosing a childcare provider check out: **[familyandchildcaretrust.org/five-steps-choosing-childcare](https://familyandchildcaretrust.org/five-steps-choosing-childcare)**

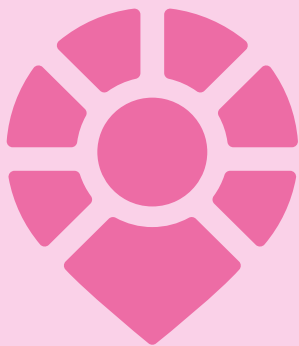
York Family Information Service also helps families to find Ofsted-registered childcare in York and can suggest ways to reduce the cost of your childcare.



**There are lots of different options to consider when choosing childcare. It's up to you as a parent or carer to choose what you feel is right for your family and child.**

Some questions to ask to help work out what's best for your family might be:

- do you need a full day of childcare, to cover working hours and travelling to and from work?
- are you looking for a couple of hours of childcare a week?
- do you need term time only or all year around childcare?
- are you looking for before and after school childcare?
- are you looking for a home from home environment or looking for a larger childcare setting?



## **Contact details**

Visit: [raiseyork.co.uk/childcare](https://raiseyork.co.uk/childcare)

Call: **01904 554444** Mon-Fri 10am - 4pm

Text only: **07786 202241**

Email: [fis@york.gov.uk](mailto:fis@york.gov.uk)





# Healthy Weight in Children

**“How much should my child weigh?” is a common question for parents and carers.**

Our children are weighed regularly as babies, but as children grow and develop at different rates it's not always easy to tell if they are a healthy weight.

For children and young people aged 2 to 18 years, you can check their weight by working out their body mass index (BMI) using

the NHS BMI calculator for children and teenagers on [nhs.uk](https://www.nhs.uk)

A child's BMI tells us if their weight is right for their height, and the result is given as a centile (or percentile). For example, a healthy weight result is between the 3rd and 91st centile.





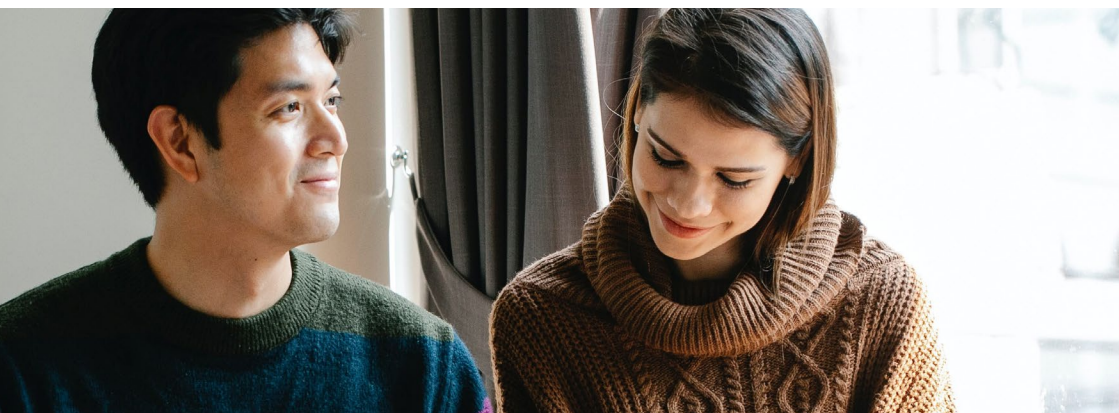
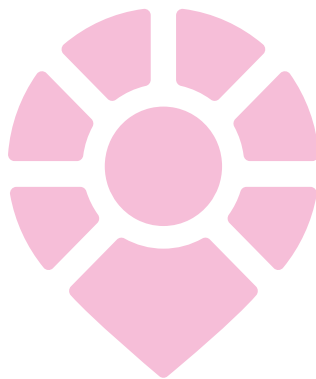
# Free courses for parents and carers

**Did you know that there are lots of free courses to help you support your child or children, whatever their age?**

Many courses are online, and cover a wide range of topics from pregnancy and new borns, to teenagers or children and young people with Special Educational Needs and Disabilities.

A full list of the courses is available on the Raise York website – [raiseyork.co.uk/parenting](https://www.raiseyork.co.uk/parenting) - and you can search by topic or by your child's age.

The website also has details of local support groups for parents and carers, where you can share your experiences and help each other.





# Help with cost of living

**We're all affected by the high cost of food, fuel and energy. You're not alone. And we know that starting a family or having a growing family, can put more pressure on your household finances.**

There's lots of information and support, locally and nationally, to help you manage. This could include help with bills, energy costs, childcare, school uniform, school lunches, and food.

You can find out more at: [york.gov.uk/BenefitsAndMoney](https://york.gov.uk/BenefitsAndMoney)

If you are pregnant or have children under 4 years old you could get help to buy healthy food and milk with the NHS Healthy Start scheme. You can also get free Healthy Start vitamins.

Find out more and apply online at: [healthystart.nhs.uk](https://healthystart.nhs.uk)





# Keeping you and your child safe

Healthy relationships are about respecting each other, feeling comfortable and treating each other equally.

You shouldn't feel controlled or pressured by anyone and you should never feel threatened or frightened.

Domestic abuse may get worse during pregnancy.



**If you're in immediate danger call the Police (999) and try to get to a safe place.**

You can also call our local independent domestic abuse service (IDAS) on **03000 110110**

Or, the National 24-hour helpline on telephone: **0808 2000 247**



# Advice, support and information

**There are lots of ways you can get more advice, support and information in York.**

## **Raise York is your Family Hubs Network.**

You can get information and advice for children, young people and families 24 hours a day, 7 days a week at [raiseyork.co.uk](https://raiseyork.co.uk).

## **You can also visit our Raise York Family Hubs in person at:**

Clifton Children's Centre,  
Kingsway North, Clifton, York,  
YO30 6JA

Hob Moor Children's Centre,  
Green Lane, Acomb, York,  
YO24 4PS

The Avenues, Sixth Avenue,  
Heworth, York, YO31 0UT

You can also visit Explore Centres at Acomb, Tang Hall and York (city centre) where you'll be welcomed by a friendly team of staff who are there to help you with any questions and point you to where to go for further advice.

Acomb Explore, Front Street,  
Acomb, York, YO24 3BZ

Tang Hall Explore, The Centre  
@ Burnholme, Mossdale Avenue,  
Tang Hall, York YO31 0HA

York Explore, Library Square,  
Museum Street, York, YO1 7DS



**York Family Information Service provides free and impartial advice on family life and being a young person.**

They can help with anything and everything around family life and being a young person.

Call **01904 554444**,  
Monday to Friday 10am-4pm

Text **07786202241**


Email **[fis@york.gov.uk](mailto:fis@york.gov.uk)**

For specialist information for children and young people with Special Educational Needs and Disabilities (SEND) and their families in York:

visit **[yorksend.org](http://yorksend.org)**



If you would like this document in an alternative format, please contact:

 (01904) 551550

 [ycc@york.gov.uk](mailto:ycc@york.gov.uk)

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