



**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 [www.raiseyork.co.uk/communitysupport](http://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 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 [www.raiseyork.co.uk/earlybraindevelopment](http://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.

Find out more about York Hospital Maternity Services at [www.yorkhospitals.nhs.uk](http://www.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.

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

You can find out more about pregnancy, birth and after the birth at [www.humberandnorthyorkshirematernity.org.uk](http://www.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

**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 [www.nhs.uk/pregnancy/your-pregnancy-care/your-antenatal-appointments](http://www.nhs.uk/pregnancy/your-pregnancy-care/your-antenatal-appointments)

## 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.

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 [www.qwell.io](http://www.qwell.io) or speak to their GP or Local Area Co-ordinator for help.

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



## Infant feeding

**There are lots of different ways you can feed your child in the first few months of their life. It's about finding what's right for you both.**

Your midwife and health visitor can help you with whatever option you choose. It might be breastfeeding, bottle feeding expressed breastmilk or formula, or a combination of these!

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

You can get one-to-one advice and support on Breastfeeding at one of our local, specialist face-to-face sessions.

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Call our Healthy Child Service on **01904 555475** to arrange an appointment.

Lots of people find it helpful to chat to other new parents and carers. You can find out more about feeding your baby or toddler at [www.raiseyork.co.uk/infantfeeding](http://www.raiseyork.co.uk/infantfeeding) including local parenting groups.



## 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 [www.raiseyork.co.uk/speechlanguagecommunication](http://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!

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

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For more information visit [www.raiseyork.co.uk/childcare](http://www.raiseyork.co.uk/childcare)

Call **01904 554444**  
Monday to Friday 10am-4pm  
Text only **07786 202241**  
Email [fis@york.gov.uk](mailto:fis@york.gov.uk)



## 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 [www.raiseyork.co.uk](http://www.raiseyork.co.uk).

This includes details about events, activities and support in your local community.

### **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

We are also piloting Raise York Family Hubs with Explore Centres at Acomb, Tang Hall and York (City Centre).

When you call into one of the Explore Centres you'll be welcomed by our friendly staff team who are there to help you with any questions you may have and point you in the right direction in terms of where to go next for advice.



## **York Family Information Service provides free and impartial advice.**

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 [www.yorksend.org](http://www.yorksend.org)


If you have any concerns about the safety of a child or children, you can contact York's Multi Agency Safeguarding Hub by calling **01904 551900** or emailing [mash@york.gov.uk](mailto:mash@york.gov.uk)

**If you have immediate concerns about a child's safety, please call the Police on 999.**

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

 (01904) 551550

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

 [@CityofYork](https://twitter.com/CityofYork)

[@cityofyork](https://twitter.com/cityofyork)

It is available in the following languages:

我們也用您們的語言提供這個信息 (Cantonese)

এই তথ্য আপনার নিজের ভাষায় দেয়া যেতে পারে। (Bengali)

Ta informacja może być dostarczona w twoim (Polish)  
własnym języku.

Bu bilgiyi kendi dilinizde almanız mümkündür. (Turkish)

یہ معلومات آپ کی اپنی زبان (ہولی) میں بھی میا کی جا سکتی ہیں۔ (Urdu)

Publication date: November 2023

For further information: West Offices, Station Rise, York YO1 6GA

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