



Helping  
Coventry's  
babies from  
conception to  
two years old to  
have the best  
start in life



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



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# Introduction to the Coventry Start for Life offer

In Coventry, we want all children to have the best start in life, beginning in pregnancy and continuing until their second birthday. Experiences for both parents and child during this crucial period lay the foundations for emotional and physical wellbeing, shaping the future of the child.

Our goal is to provide the support, opportunities, and experiences that parents and carers need to help their child to thrive during their early years.



## What does the Start for Life offer provide for your family?

Coventry's Start for Life offer brings together six services that work together to support parents and carers in their child's first 1001 days.

These services include:

- Midwifery
- Infant feeding
- Health visiting
- Perinatal mental health
- Special educational needs and disabilities (SEND)
- Family help/safeguarding

This brochure will allow you to find information about these services in one place.

To learn more about these services and other available support for you and your family in Coventry, visit the Start for Life section on Coventry Families at [www.cid.coventry.gov.uk/startforlife](http://www.cid.coventry.gov.uk/startforlife) or scan the QR code:





# Main contacts

Community Midwifery service (UHCW) phone number (8am - 4pm): **024 7696 7424**

For more information turn to page 6.

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Infant feeding advice and support phone number (Monday to Friday, 9am – 5pm, excluding bank holidays): **07904 984 620**. For more information turn to page 8.

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Health visitor support (SWFT) phone number (Monday to Friday 8.30am – 4.30pm): **024 7518 9190**

For more information turn to page 12.

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If you or your family are worried about your own mental health and wellbeing, speak to your GP, midwife or health visitor. For more information turn to page 14.

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For advice and support around SEND, contact SENDIASS: **024 7669 4307**

For more information turn to page 16.

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If you are worried about a child or family, please contact a Family Hub for advice and support using the freephone number: **0800 887 0545**

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If your child is unwell, please see your GP or ring **111**

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If it is a medical emergency, please ring **999**

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# Midwifery

Your midwife will provide you with advice, support, and care during your pregnancy, labour, and after your baby is born.

During this time, your midwife will be your primary point of contact. They will assist you in making informed choices for you and your family, ensuring both you and your baby stay as healthy as possible.

It is common to feel worried and uncertain during pregnancy. You can discuss your concerns with the midwife who will listen to you and be able to advise you on any further help. Their role is to care for women and their families during normal pregnancies, and they are also equipped to ensure that those with complications or concerns receive appropriate care and support.

Midwifery care is accessible for all women requiring maternity care 24 hours a day, seven

days a week. Midwifery care is free through the NHS for residents in the UK.

## Services in Coventry:

Community midwives in Coventry are based at GP surgeries and Family Hubs to offer you care and appointments throughout your pregnancy. After your baby is born, they will visit you at home at least twice and then offer appointments at Family Hubs.

Following your discharge appointment, typically when your baby is 14 days old, your care will move from the midwife to a health visitor.

0 days

56 days

300 days

1001 days



Your midwife should help you with:

- Birthing options
- Preparing for labour
- New-born care
- Preparing for breastfeeding
- Building a support system



### Contact Information:

Book your initial midwifery appointment through your GP surgery or contact the Community Midwife Office. You should aim to book an appointment with midwifery by eight weeks of pregnancy.

### Antenatal parenting classes:

At UHCW, our antenatal classes provide comprehensive support both virtually and face-to-face. These sessions help you prepare for labour and birth, ensuring that women feel confident, empowered, and informed. We extend our commitment beyond birth, offering valuable insights into postnatal care to help your transition into parenthood. Our parentcraft basics encompass a range of essential skills, fostering a supportive community for mothers in Coventry to share experiences and build lasting connections. For more information scan QR code.



### Community Midwives:

Phone number (8am - 4pm): 024 7696 7424.

Labour Ward (out of hours): 024 7696 7333.

Address: Community Midwife Office (Ward 24, Floor 2) University Hospital Coventry and Warwickshire Clifford Bridge Road, CV2 2DX

For more information, visit the Midwifery section at [www.cid.coventry.gov.uk/startforlife](http://www.cid.coventry.gov.uk/startforlife) or scan the QR code:







If you are unable to breastfeed or would like information and other feeding options, please scan the QR code or visit the NHS website at [www.nhs.uk/conditions/baby/breastfeeding-and-bottle-feeding/](http://www.nhs.uk/conditions/baby/breastfeeding-and-bottle-feeding/)



There are benefits and advantages for you too. Breastfeeding helps:

- Speed up the uterus getting back down to usual size
- Strengthen your bond with your baby
- Release the hormone oxytocin, which helps you feel calm and connected to your baby
- Protect your health, breastfeeding lowers the risk of breast cancer, ovarian cancer, osteoporosis (weak bones), diabetes and cardiovascular disease (conditions affecting the heart or blood vessels).

## Services in Coventry:

The Coventry Infant Feeding Team can provide free evidence-based advice and support on feeding your baby. They offer antenatal support, home visits, clinics, virtual support and much more.

The Stop Smoking in Pregnancy Team also offer a free and confidential service to help you quit smoking, and they provide help to any member of the family within the household through specially trained advisors.

You can get help with:

- Feeding options and their benefits
- Problems when breastfeeding
- Bonding with your baby
- Weaning advice
- Stopping smoking in pregnancy





If you need support outside of these hours, contact your midwife or call:

National Childbirth Trust Infant Feeding Line (8am – midnight, every day): **0300 330 0700.**

Breast pumps are available to loan from any of the eight Family Hubs in Coventry. Please contact your closest Hub to enquire about availability.

Visit [www.coventry.gov.uk/earlyhelp](http://www.coventry.gov.uk/earlyhelp)

Or visit the Coventry Infant Feeding Team Linktree by scanning the QR code:



### Contact Information:

Advice and Support phone number (Monday to Friday, 9am – 5pm, excluding bank holidays):  
**07904 984 620.**

0 days

210 days

1001 days





# Health visiting

Health visitors work to improve the health and wellbeing of children and their families in the crucial first years of life, from birth until your child goes to school.

Health visitors help to ensure a healthy start for your child, provide ongoing support for you, and help you access a range of community-based services.

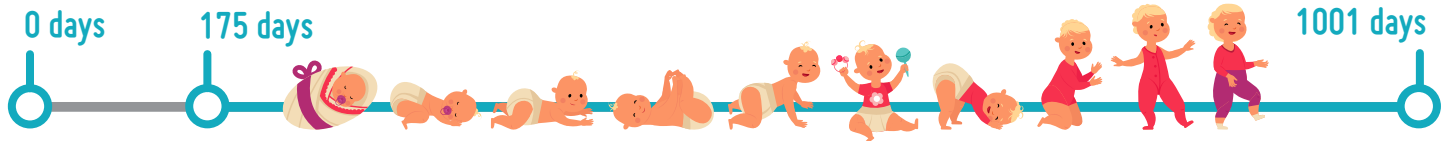
Your health visitor will be able to identify any issues early, support you in nurturing your child's development, and ensure both you and your baby are healthy. They will weigh your baby during your appointment and review their development against expected milestones to make sure they are doing well.

Health visitors can provide knowledge, advice and support on many issues and direct you to services for further support. If you are worried or unsure about anything, talk to your health visitor. Health visiting care is free on the NHS for all residents in the UK.

## Services in Coventry:

There are eight Health Visiting Teams across Coventry that offer friendly support and advice to all families until their child reaches five years old, with specialist support if required. The teams work closely with GPs, midwives, school nurses, specialist perinatal mental health teams, and the wider local community to provide support that suits all families.

Health visitors work in the Family Hub, in the community and may visit you at home.





All children and families in Coventry are offered:

- A visit before your baby is born
- A new birth visit and check when your baby is 10-14 days old
- A review for you and your baby at 6-8 weeks
- A contact when your baby is 3-4 months old
- A 9-month health and development review
- A 2-2 ½ year development review

Families may be seen more regularly if the baby or family have additional needs or upon request.

### Contact Information:

Health visiting services can be accessed through GPs and Family Hubs.

Health Visitor phone number (Monday to Friday 8.30am – 4.30pm): **024 7518 9190.**

ChatHealth text service (Monday to Friday, 9am – 4.30pm, excluding bank and public holidays): **07507 329114.**

For more information, visit the Health Visiting section at [www.cid.coventry.gov.uk/startforlife](http://www.cid.coventry.gov.uk/startforlife) or scan the QR code:





## Be Active, Be Healthy:

The Be Active Be Healthy Team's aim is to support and empower families in Coventry to adopt a sustainable healthy lifestyle by increasing physical activity, eating healthier and enhancing positive mental health.

They deliver a variety of programs around the city that range from antenatal, postnatal, early years and the whole family.

For more information scan the QR code.



# Immunisations

Immunisation is a way of protecting against serious infectious diseases and being vaccinated is the safest way to protect you and your family from serious infections – they help you stay healthy.

Since vaccines were introduced in the UK, diseases like smallpox, polio and tetanus are rarely seen. However, if people stop having vaccines, infectious diseases may quickly spread again. All vaccines are thoroughly tested to make sure they will not harm you or your child.

It's important your baby has their immunisations at the right age to give them the protection they need. To protect children as early as possible many vaccines are offered to babies and toddlers before they start school.

Vaccinations are usually given by practice nurses at your GP practice. Practice nurses are specially trained to give advice and offer vaccines. The health visiting service can also provide information regarding immunisations.



0 days

6 weeks

1001 days





## Immunisation timeline

### 8 weeks:

6-in-1 vaccine dose 1, rotavirus vaccine dose 1 and MenB vaccine

### 12 weeks:

6-in-1 vaccine dose 2, PCV vaccine, rotavirus vaccine dose 2

### 16 weeks:

6-in-1 vaccine dose 3, MenB vaccine dose 2

### 1 year:

Hib/MenC vaccine dose 1, MMR vaccine dose 1, PCV vaccine dose 2, MenB vaccine dose 3

### 2 years:

Start having the flu vaccine every year until they finish school

### 3 years and 4 months:

MMR vaccine dose 2, 4-in-1 pre-school booster vaccine



# Perinatal mental health services

Perinatal mental health services offer care and support to mothers and their partners to promote mental wellbeing and support during pregnancy or after the birth of a child.

One in five women will develop a mental illness during pregnancy or in the first year after birth. These issues can be mild to moderate or severe. How you feel may impact on both you and your family. It is important to take care of your mental health and physical health and seek the necessary help, especially during pregnancy and the early years of your child.

You can receive assistance with your mental health and wellbeing, accessing the appropriate professional and peer support, bonding with your baby, and strengthening family relationships.

## Contact Information:

If you are noticing changes in your feelings or behaviours in this time, it is important to seek help early. If you or your family are concerned, speak to your GP, midwife, health visitor, or Family Hub staff to discuss how to access help.

For more information, visit the Perinatal Mental Health section at [www.cid.coventry.gov.uk/startforlife](http://www.cid.coventry.gov.uk/startforlife) or scan the QR code:



0 days



1001 days

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## Services in Coventry:

There is a range of services available in Coventry, and health professionals can discuss which options are best for you.

**The National Childbirth Trust's Parents in Mind** offers free mental health peer support to women/birthing people experiencing mild to moderate mental health difficulties during the perinatal period up to two years postnatally. They run peer and 1:1 support sessions in the Family Hubs and in the community.

**The Midwifery Mental Health Lotus Team** provides support to mothers with a previous diagnosis of a mental health disorder or who develop mental health issues during pregnancy, offering antenatal and postnatal care.

**The Specialist Health Visiting Team for Perinatal Mental Health** delivers the Video Interaction Guidance (VIG) intervention for parents who may require additional support to see successes in their relationship with their child, increase their confidence, and overcome challenges.

**Coventry and Warwickshire Partnership Trust's Perinatal Mental Health Service** works with pregnant women or those in their first postnatal year who are experiencing severe perinatal mental health difficulties.

**MAMTA** works closely with other services in Coventry to empower and support minority ethnic women in pregnancy and after birth. They provide language-supported antenatal classes and maternal health peer support.

**Talking Therapies (IAPT)** offers short-term therapy interventions for people feeling anxiety, stress, panic, low mood, or depression.

Family Hubs provide a range of groups and activities that can help you and your baby to develop a nurturing and loving relationship. They will also help you in accessing the right help at the right time.

**Parents in Mind** if you are pregnant or within two years of given birth and you feel low or anxious in your usual activities, then Parent in Mind support may be for you. Their trained female peer supporters can offer time and support through the Parents in Mind groups running in the local area.

# Special Educational Needs and Disabilities

Special Educational Needs and Disabilities (SEND) refers to when an individual has a disability or an additional need.

SEND can affect a child's:

- Ability to learn
- Behaviour
- Ability to make friends
- Concentration
- Reading and writing
- Ability to understand things
- Physical ability
- Emotional ability

Disabilities are a physical or mental impairment that have a long-term and considerable effect on the ability to carry out day-to-day tasks.

Children and young people with SEND can find it difficult to communicate so they, along with their parents or carers, may need extra support and help to do well.

## Services in Coventry:

The SEND Early Years Team supports young children who are experiencing delays or difficulties with their development.

They work with parents, carers and children at home, in early years settings, and school nurseries.

## Portage

Portage is part of the SEND Early years offer to children and families within Coventry. Portage workers support families in the home to help them develop a quality of life and experience, for themselves and their young children, in which they can learn together, play together, participate and be included in their community.

0 days



1001 days



The team promotes early learning and inclusion and its services includes:

- Assessment of learning and behaviour difficulties
- Advice, guidance, and support to parents, carers and professionals
- Monitoring children's progress
- Specialist teaching and learning support for individual children or groups
- Provision of specialist play and learning resources

This help may be provided by a portage worker or early years teacher.

**The Children's Disability Early Support Team** helps families with children who have disabilities, or complex health needs that need involvement from three or more community health professionals.

Early Support Key Workers help deliver coordinated services to ensure families receive help, support, and information whilst also acting as an advocate for your family.

A Key Worker is someone families can turn to for help, support, and information.

**Special Educational Needs and Disabilities Information Advice and Support Service (SENDIASS)** offers impartial and confidential information, advice and support for parents and carers, children and young people with SEND.

### Contact Information:

For more information about accessing support from the SEND Early Years or Early Support teams, please speak to staff at your child's Early Years setting, Family Hub, or a health professional.

For advice and support around SEND, contact SENDIASS: **024 7669 4307**, the Family Hubs, or visit the Early Years SEND at [www.cid.coventry.gov.uk/startforlife](http://www.cid.coventry.gov.uk/startforlife) or scan the QR code:





## Contact Information:

Here 2 Help at Family Hubs is available Monday – Thursday 9am – 5pm and Friday 9am - 4.30pm face-to-face, through the phone or email.

### Aspire Family Hub

Gosford Park Primary School  
Humber Avenue, Coventry, CV1 2SF  
Phone number: **024 7697 8100**  
Email: **AspireFamilyHub@coventry.gov.uk**

### Families For All Family Hub

454 Foleshill Road, Coventry, CV6 5LB  
Phone number: **024 7697 7991**  
Email: **FamiliesforAllFamilyHub@coventry.gov.uk**

### Harmony Family Hub

Clifton Street, Coventry, CV1 5GR  
Phone number: **024 7697 8030**  
Email: **HarmonyFamilyHub@coventry.gov.uk**

### Mosaic Family Hub

Jardine Crescent, Coventry, CV4 9PL  
Phone number: **024 7697 8160**  
Email: **MosaicFamilyHub@coventry.gov.uk**

### Park Edge Family Hub

Roseberry Avenue, Coventry, CV2 1NE  
Phone number: **024 7697 7880**  
Email: **ParkEdgeFamilyHub@coventry.gov.uk**

### Pathways Family Hub

Lawrence Saunders Road, Coventry, CV6 1HD  
Phone number: **024 7697 8130**  
Email: **PathwaysFamilyHub@coventry.gov.uk**

### The Moat Family Hub

Deedmore Road, Coventry, CV2 1EQ  
Phone number: **024 7697 8036**  
Email: **TheMoatFamilyHub@coventry.gov.uk**

### Wood Side Family Hub

Upper Ride, Coventry, CV3 3GL  
Phone number: **024 7697 8090**  
Email: **WoodSideFamilyHub@coventry.gov.uk**

For a full list of Family Hub services, visit **[www.coventry.gov.uk/familyhubs](http://www.coventry.gov.uk/familyhubs)** or scan the QR code:



# Parenting Support

The Positive Parenting Team provides a wide range of parenting support for all Coventry families. This may be for families who want to know a bit more about supporting their child's development and behaviour, and for parents who may be experiencing some difficulty with relationships, behaviours, feelings, or their confidence and self-esteem.

The programmes cover parenting babies and children from the antenatal period all the way up to teens and can be accessed face-to-face at various venues across the city or virtually via Microsoft Teams. Parents can make a request to attend a programme, or a professional can refer on their behalf by completing the request form on our website [www.coventry.gov.uk/parenting](http://www.coventry.gov.uk/parenting)

We organise and coordinate programmes that are accessible for all parents, carers, and grandparents. All programmes are free and we offer limited crèche support for some group programmes.



0 days

1001 days



Visit [www.inourplace.co.uk](http://www.inourplace.co.uk) to access over 16 courses online using Coventry's FREE access code: **SPIRES3**. These courses are available in over 100 languages and can be completed at a time convenient to you!

There's lots of information available on Coventry's Parenting website, including a dedicated Five to Thrive Approach page to take you through

the five building blocks to healthy emotional development for babies and children. There are pre-recorded seminars, links to videos and information about various types of support available from partner agencies. The information is organised into age-related sections with sections of support for parents of children with additional needs as well as a section on wellbeing for parents.





# Language Development

Children start developing communication skills from birth and parents play a vital role in supporting this during their child's early years.

Communication skills are vital to children's emotional, educational, and social success. Engaging with your child from birth (and before) provides them with a solid foundation for their future relationship with the world around them.

Children develop speech, language, and communication skills at different rates. Some develop quickly, while others may take longer.

Effective communication skills include being able to listen and pay attention to others, understand what is being said and making yourself understood, both verbally and non-verbally.

These skills help children with:

- Making friends
- Learning
- Joining in at home and at school
- Making choices and dealing with change



0 days

6 months

1001 days



During your day you can create a language-rich environment by reading books, singing songs, and talking about daily activities. Respond to your child's babbling and gestures, as this encourages them to communicate. Comment on what your child is doing and share new words with them to enhance vocabulary.

Enjoy face-to-face time with your little one, remember to give your child time to express themselves and be patient as they share their world with you in their own way.

Celebrate their efforts and avoid correcting mistakes, this helps them to build confidence in their communication skills. Engage in activities that encourage listening skills, like identifying different sounds during a walk outside. Talk to your child and tell them what you are doing.

If you are worried about your child's speech and language development, you can find help on the Coventry Speech and Language Therapy website: Home - Childrens SSLT  
**[coventrychildrensslit.co.uk](http://coventrychildrensslit.co.uk)**



# Support for dads

Positive mental health is essential for all parents, and we recognise the importance of dads and non-birthing parents in the life of babies and young children.

If you notice changes in your feelings or behaviours that may be related to mental illness, it's important to seek help. If you or your family have concerns, speak to your GP or Family Hub staff for guidance on accessing support.

**Dadpad** is a free app for all dads/partners living in Coventry which was developed with the NHS and real-life dads. It provides dads and dads-to-be with the knowledge and practical skills to support themselves and their partners in giving their baby the best start in life.

Download the app here:  
If you are unable to access the app, the Health Visiting Team can provide a hard copy.



**MENTalk Delivered by Sky Blues in the Community**, supports men's emotional health and wellbeing, resilience to deal with issues constructively, and promotes healthy lifestyle choices. It is delivered predominantly via group physical activity and classroom-based workshops in a non-clinical environment. Coaches and mental health qualified staff provide information, guidance, advice and one-to-one support where needed.

## Contact Information

Phone number: **024 7678 6349**

Email: **sbitc@sbitc.org.uk**

0 days



1001 days





# Parent Voice

The new Start for Life offer provides an opportunity for parents and carers to co-design and provide feedback on services focused on the first 1001 days.

In Coventry, we want to collaborate with parents and carers to deliver an offer that meets the needs of our local communities and the families that live in them. Any parent can join our parent voice network.

We value your feedback, which is gathered through a range of meetings, both face-to-face and virtual, which take place on different days and at various locations. If you would like to be part of this process, please complete expression of interest form <https://forms.office.com/e/i8DKs4MvfX> and scan the QR code or email [parentvoice@coventry.gov.uk](mailto:parentvoice@coventry.gov.uk)

The PCP works closely with Family Hubs, Public Health, Midwifery, Health Visiting, local voluntary groups and others to ensure your voice is heard and responded to.



Our members have already contributed to redesigning the Family Hub leaflets and informing services about the sessions they would like to see within the Family Hubs.

As a member of the Parent Voice Network you will have access to training, coaching, and networking opportunities. We are excited to receive your input and look forward to hearing from you!







# Important milestones in the first two years of a child's life



1-3 months

- Being able to lift and control their head
- Starts to smile and laugh
- Responds to familiar sounds
- Makes eye contact



4-6 months

- May be able to roll over
- May be able to sit up
- Teething is likely to begin
- Tries first solid foods
- May be able to grab objects



7-9 months

- May begin to crawl
- May be able to stand up
- Hand and finger skills develop
- Babbles from time to time
- Sees in full colour



10-12 months

- May begin to talk and say their first words
- May be able to understand words
- Recognises and points at objects
- Look and listens at the same time



## • 13-18 months •

- Takes their first steps
- Uses a cup
- May be able to scribble
- Plays with books
- Plays simple pretend games



## • 18-24 months •

- Will start to copy and repeat things they hear
- May start to feed themselves with cutlery
- Engages in role play
- May show signs of toilet training





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# Notes

Please record who you meet and the people who have helped as this could be important in the future if you need some additional help or support. You might want to ask them to write in your child's personal record, also known as 'The Red Book'.

## **My Midwifery key contact information:**

Name: .....

Phone number: .....

## **My Infant Feeding key contact information:**

Name: .....

Phone number: .....

## **My Health Visiting key contact information:**

Name: .....

Phone number: .....

## **My Mental Health key contact information:**

Name: .....

Phone number: .....

## **My SEND key contact information:**

Name: .....

Phone number: .....

## **My Closest Family Hub contact information:**

Name: .....

Phone number: .....

## **My Early Help key contact information:**

Name: .....

Phone number: .....

**You may be entitled to extra financial help for you and your family.**

### **Sure Start maternity grant**

You can apply for a Sure Start Maternity Grant one-off payment of £500 to help you with the costs of your first child if you are claiming benefits. Download a Sure Start Maternity Grant claim form from the Department for Work and Pensions website, or call the Sure Start helpline on 0800 169 0140.

### **Healthy Start vouchers**

If you're more than 10 weeks pregnant or have a child under four, you may be entitled to get help to buy healthy food and milk. Apply online at [www.healthystart.nhs.uk/](http://www.healthystart.nhs.uk/) or call 0300 330 7010.

Practitioners working within the Start for Life offer can also help you apply for both of these sources of financial help and others. Please talk to practitioners about the help you are entitled to and may need to help your baby have the best start in life.



If you need this information in another format or language please email [earlyhelp@coventry.gov.uk](mailto:earlyhelp@coventry.gov.uk)