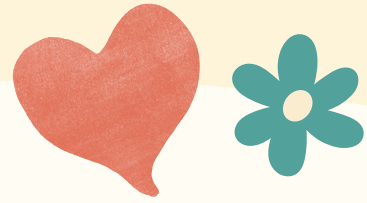


Start For Life

in Doncaster



Giving Children and Families in Doncaster the best start for life

Find out more about the **Start For Life Programme** by visiting: www.doncaster.gov.uk/familyhubs



City of Doncaster Council



What to expect from conception to two years and beyond



Start For Life in Doncaster

The **Start for Life programme** offers support for all families in those early days and beyond, focusing on key milestones within your journey.

We aim to give children and families the best start in life, and to support and empower families to overcome challenges to be **happy, healthy and resilient**. The Family Hubs will be there for you throughout your journey to offer your advice, support and guidance.

This booklet is designed to show you **what support is available** in Doncaster and to give you **an expected timeline** of appointments and support from conception and pregnancy, through the first two years and beyond.

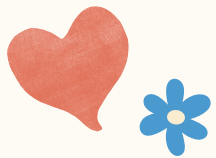


In this booklet:

- Pages 4-5** *Family Hubs in Doncaster*
- Pages 6-7** *Conception to 15 Weeks of Pregnancy*
- Pages 8-9** *16-24 Weeks of Pregnancy*
- Pages 10-11** *25-32 Weeks of Pregnancy*
- Pages 12-13** *33 Weeks of Pregnancy to Birth*
- Pages 14-15** *The First Two Weeks*
- Pages 16-17** *Throughout the First Two Years*
- Pages 18-19** *Beyond Two Years*
- Pages 20-21** *Useful Contacts*
- Pages 22-23** *Join us at Your Family Hub*

Your Early Days Worker is:

Contact number / email address:



Family Hubs in Doncaster

Here at the Family Hubs, we are **one big family**. We proudly provide support and advice both in-person and virtually for families of children from conception, to adolescence and beyond.

We offer a huge range of supportive and fun, family-friendly **groups** and **events**, and host many expectant parents' **antenatal and postnatal appointments** with the Midwifery and Health Visiting services. It's also where your dedicated **Early Days Worker** is based.

Our Family Hubs are the place to go for families within our communities for all families in Doncaster, to find their network, have access to wonderful and engaging groups and support, or even be the safe place for those who need a little extra helping hand in their parenting journey.



Groups and events

From **antenatal parenting groups** for those on their pregnancy journey, to our **First Friends sessions** where your newest little ones can socialise and have new experiences, and our **whole family-focused seasonal events**, there's something for everyone!

Your little ones have the opportunity to **socialise with other children**, and you have the chance to **meet fellow parents** and caregivers from your local area.

Check out the latest Family Hubs timetables by visiting www.doncaster.gov.uk/familyhubs and you can also find your nearest Family Hub on page 22-23 of this booklet!

Support and guidance

We're here for all families in Doncaster, whether that's offering support with:

- * **Your mental and emotional wellbeing through pregnancy, parenthood and beyond**
- * **Infant feeding, including one-to-one sessions and groups**
- * **Parenting including our huge range of parent classes and groups**
- * **Helping your little one to develop and grow, including with their speech and early language**
- * **Creating a positive home learning environment for your children**
- * **Your family's wellbeing, including money and housing issues, family conflict, education and training, domestic violence and more**



Conception - 15 Weeks of Pregnancy

Make Contact Online with your Midwifery Team

If you have had a **positive pregnancy test**, you can **self-refer to Maternity Services** by registering on **mypregnancynotes.com** or by **contacting the Maternity Records team by telephone** on **01302 642815**.

Once you have completed the pregnancy registration form, it will go to your local Maternity Records Department so that you can be added to the Maternity System.

Booking-in appointment with your Community Midwife

The community midwife team will arrange your **booking appointment** for which you will be sent an appointment letter, and text or email. This appointment should have taken place by the **10th week of your pregnancy** or as soon as possible if it is already after this time.

This will be an opportunity to have a detailed, confidential discussion with your Midwife about your pregnancy, including important screening tests for you and your baby and a personalised care plan. You may also be given **pregnancy vitamins** by your Midwife which you are entitled to for free.

All future appointments offer you a safe space to ask any questions or share any concerns you may have around you and your baby's wellbeing.

Meet your Early Days Worker

You will have a dedicated **Early Days Worker**, who is there to support you and your family in those early days of parenthood, **from pregnancy right through to your baby's second birthday**.

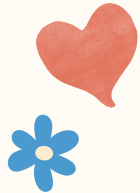
They will introduce themselves at your booking in appointment and will be there for any information, advice, guidance or support that you may need.

At any point during your pregnancy journey and beyond, you can contact your Early Days Worker for support or advice

Your first scan

Usually around the **11th-14th week of pregnancy**, this is the first routinely available **scan** on your pregnancy journey.

As well as a **first look at your baby**, you are likely to be given your **estimated due date** and offered **screening tests for your baby**.



16-24 Weeks of Pregnancy



Your 16-Week Midwife Appointment

This is the next appointment with your Midwife at around **16 weeks of pregnancy** that will allow you to discuss your **current health** and discuss any questions or concerns you may have.

Your midwife will also go through your growth chart and discuss your **personalised antenatal care plan** with you.



Your Anomaly Scan

Taking place **between 18-21 weeks of pregnancy**, this is the second scan routinely available to you, and looks for abnormalities in the pregnancy.

This provides an opportunity for another look at your baby to ensure they are developing as expected and you may also be able to find out the sex of your baby if you wish to know at this stage.



Book Onto Free Antenatal Classes

The **Midwifery and Health Visiting Team**, as well as the **Early Days Workers** run Antenatal Classes that take place over five weeks in venues across Doncaster.

The **classes are available to all pregnant women**, their partners and supporters. If you are interested in attending then please ask your nominated Early Days Worker, Health Visitor or Midwife for details.

Antenatal classes prepare you for your baby's birth as well as learning to look after and feed your baby. They cover topics such as:

Helping you and your baby through pregnancy and birth
Getting to know your baby in the womb
You, your baby and the stages of labour
Helping you and your baby through labour and birth
Feeding your baby.

Join Our Antenatal Groups!

Some of our groups at the Family Hubs are suitable for both pre- and post-birth and are a great way to meet other expectant parents in your local area, and get support and guidance early on in your journey.

Join our **First Friends groups** for an opportunity to get support and advice from a Nursery Nurse and about those first interactions for your little one with other babies once they arrive.

If you would like to learn more about breastfeeding and the support available, our **Breast Start sessions** offer a friendly and relaxed environment to build your confidence and knowledge of breastfeeding, with the opportunity to meet other breastfeeding mums.

25–32 Weeks of Pregnancy



Don't forget to look at the Antenatal classes and groups run at The Family Hubs for expectant families, including Breast Start and First Friends sessions! Find out more on **Page 9**.



Your 25-Week Midwife Appointment

If this is your **first baby**, your midwife will meet with you again at around **25 weeks of pregnancy** to provide you with an extra chance to discuss your pregnancy, wellbeing and wider health.

This conversation will be led by you, and you will have the opportunity to discuss your previous scan, flu and whooping cough vaccinations and go through baby's movements.

Your 28-Week Midwife Appointment

This is your third routine appointment with your midwife which **takes place around the 28th week of pregnancy**. You will have the opportunity to ask any questions or share any concerns you may have about your pregnancy, your health and wellbeing, or your current circumstances.

Your midwife will also discuss your **baby's movements**, your access to the **flu and whooping cough vaccinations** and ensure your next appointment is booked in. They will also start to **measure the growth of your baby** at this point.

Introduction to your Health Visitor

Your **nominated Health Visitor** will organise an appointment with you to introduce themselves as you enter your third trimester of pregnancy.

They will support you and be available to you **until your child is 5 years old**, and they are there to help you with anything relating to caring for yourself and your baby, making sure your baby is healthy and developing well.

31/32-Week Midwife Appointment

You may be offered a Midwife appointment at around **31–32 weeks of pregnancy** to check on the **growth of your baby**. This would be discussed with you at your previous appointment if needed.



33 weeks of pregnancy – Birth

As you approach the final stages of your pregnancy journey, your midwife will organise regular appointments with you to assess your current circumstances and provide information around signs of labour, and options for care.

Your 34-Week Midwife Appointment

This appointment takes place around the **34th week of pregnancy**. It will have a focus on talking through your **birth preferences** and your **personalised birth care plan**. You will also talk about being aware of important symptoms and/or signs of labour, how to contact maternity services and ensuring your baby is **healthy and moving**.

Your 36-Week Midwife Appointment

Taking place around the **36th week of pregnancy**, this appointment will review the discussions you had at the 34-week appointment and you will also talk about your **personalised postnatal care plan**.

Your 38-Week Midwife Appointment

At this stage in your journey, you are now in the **window for birth to occur** without it being deemed premature. This appointment will have a continued focus on the **movement and health of your baby** and a discussion for options of care should your pregnancy go beyond 40 weeks.

At 39 Weeks

You may be offered an appointment for a 'membrane sweep' to encourage labour to start on its own

Your 40-42 Week Midwife Appointment

At this point, if you have not yet given birth, you will have passed your due date. At this point, your midwife will use these appointments to **keep checking on you and the health of your baby** and provide you with information for potential options for inducing labour in a way that maximises the likelihood for a complication-free birth. This is usually offered from 41 weeks.



The First Two Weeks

Congratulations, your baby or babies have arrived!

Once you are discharged from hospital, you will continue to receive support from your Midwife and Health Visitor. If you have a prolonged stay in hospital following birth, you will still receive the same support. You can always reach out to your Early Days Worker, Midwife, or Health Visitor for advice and support with a range of things, including your emotional wellbeing and feeding.

Day One

After your **first night at home**, your midwife will visit you and make sure both you and your baby are healthy.

They will provide you with information around **safe sleeping**, support you with **feeding**, and make sure you are able to access **wider support**.

Day Three

Should you **choose to breastfeed your baby**, a Midwifery Support Worker will meet you either at home or at a clinic in the community and provide feeding (additional) support whilst checking the weight of your baby.

Day Two

Your **Early Days Worker** will contact you to check in and see how everything is going with you, your baby and your family.

The focus will be on **mental wellbeing** and **feeding** but this is also an opportunity to ask or discuss anything you feel you need help with or advice on.

Day Five

At this stage you will be visited at home by a Midwife or Maternity Support Worker who will **complete a full check of your baby** as well as their **newborn Bloodspot test** should you agree to it.

They will also check in with you on your **physical and mental wellbeing**.

Day Five to Discharge

A **full assessment of both the birth parent and baby** will be carried out by your Midwife. If everything is going well, you will formally be discharged by the midwifery team.

Your main **clinical point of contact then becomes your Health Visitor** who will also **visit you at home between 10-14 days post-birth**.



Throughout The First Two Years



1 – 2 Months

Your **GP surgery will contact you** to invite you to attend your **postnatal check** 6 to 8 weeks after your baby's birth to make sure you feel well and are recovering properly. You can also discuss **options for contraception** or attend a family planning clinic from 21 days after birth.

Your **baby's health** will also be checked by your **Health Visitor at the 6–8 week home visit**, and will be available to help and support you before and after this appointment if you would like any further advice or information.

At **8 weeks** your baby will also be invited to have their **first vaccinations**. Your GP and Health Visitor will provide you with the help, support and guidance you need with your baby's vaccinations.

You can also access groups and services at the Family Hubs, including First Friends sessions.

3 – 6 Months

Your **Early Days Worker will come and visit you** when your baby is **3 to 4 months old** to see how you are doing and make sure you are aware of all the groups and services available to you and your family through the Family Hub. You will also receive **a home visit by your Health Visitor at around 6 months**.

They will also discuss **weaning** with you. At **12 weeks** your baby will also be invited to have their **next vaccinations**.

7 – 12 Months

When your baby is **10–12 months old** your health visitor will arrange another home visit with you to check how your **baby is progressing**.

Your baby will also be invited to have their **next vaccinations at 12 months**. You will also be able to move onto some new sessions at the Family Hub.

13 – 18 Months

Your **Early Days Worker will arrange a visit** when your baby is **18 months old** to see how you and your family are doing.

They can also provide information on **groups and services available at the Family Hubs**, as well as guidance around **two-year funding and tax free child care**.

19 Months – 2 Years

Your **Health Visitor will contact you** to arrange a visit when your little one is **2–2.5 years old** to check on how they are developing.

There is a **range of groups and activities** you can access at your **Family Hub** for you and your family. The Family Hub will also be able to support with information around **two-year funding**.



Beyond Two Years

The first two years of a child's life is important but you can reach out to your Family Hub about anything at any time during your child's life. The Family Hub offer is available to you and your family from conception, through childhood and into adolescence (0 -18 years and 25 years SEND).

3 - 5 Years

Activities - the Family Hubs have a range of groups suitable for children aged 3 to 5, including Stay & Play and Wriggle, Rhyme & Storytime.

Speech & Language Support - Talking Together sessions support children's speech, language, and communication development to support children ages 2+ to become confident communicators.

Play, Learning and Development Support - Activities, help, support and advice is available when you are worried about your child's development, learning, social skills and play.

5-19 years

Activities - Youth activities are offered across the city of Doncaster, including two youth hubs that offer a range of facilities for young people. Family Hubs can also signpost onto youth justice services.

Young Carers - There is help, advice and support available from the Young Carers service for those young people who are providing unpaid care for loved ones, family or friends in their network.

We're here
for you

Early Years

Early Help
Oral Health
Childcare &
Funding
Advice

Parenting

Parenting courses
Support for
separated parents
Targeted
support

Learning

Employment
support
Adult learning
Volunteering
opportunities

Health

Mental Health
support
Nutrition & weight
Stopping
smoking

Welfare

Housing support
Debt & welfare advice
Domestic abuse
support
Substance
misuse
support

Other

Special
Educational
Needs and
Disabilities support
Birth
registration

Your local Family Hub staff have a wealth of knowledge of what support and services are available for you and your family and will be able to signpost you onto the right place to ensure you receive the support that you need

Useful Contacts



Health & Wellbeing

Midwife Team

Maternity Triage: 01302 642711
Community Midwife Hub: 01302 642794
www.dbth.nhs.uk/services/maternity

Health Visiting Team

Contact number: 0300 021 8997
www.healthvisitors.rdash.nhs.uk
Facebook: 'doncasterhealthvisitors'

Perinatal Mental Health Service

Contact number: 03000 211839
www.rdash.nhs.uk/services/perinatal-mental-health

LIGHT Peer Mental Health Support

Contact number: 0114 438 8962
www.lightpeersupport.org.uk

Doncaster MIND

Contact number: 01302 812190
www.doncastermind.org.uk

Stop Smoking Service

Contact number: 0800 612 0011
www.yorkshiresmokefree.nhs.uk

Aspire Drug & Alcohol Service

Contact number: 01302 730956
www.aspire.community

Housing & Finance Support

Citizens' Advice

Contact number: 0808 278 7955
www.citizensadvice.org.uk

St Leger Homes

Contact number: 01302 862862
www.stlegerhomes.co.uk

Childcare Support

Doncaster Families Information Service:

Contact number: 0800 138 4568
www.doncaster.gov.uk/FIS



Family Support

Early Help Hub

Contact number: 01302 734110
www.doncaster.gov.uk/earlyhelp

Your Place Team

Contact numbers:
North team: 01302 736787
South team: 01302 736644
East team: 01302 736336
Central team: 01302 736409
www.yourlifedoncaster.co.uk/family

Young Carers' Service

Contact number: 01302 736099
www.doncaster.gov.uk/youngcarers

Domestic Abuse Hub

Contact number: 01302 737080
www.doncaster.gov.uk/domesticabuse

Employability Support

Doncaster Job Centre Plus

Contact number: 0845 604 3719

Adult Family & Community Learning Service (AFCL)

Contact number: 01302 862688
www.doncaster.gov.uk/afcl

Other Useful Websites

Your Life Doncaster

www.yourlifedoncaster.co.uk

Donny Dot

www.donnydot.co.uk



Join us at your local Family Hub!

We're one big family in Doncaster!



Become a member today – it's free and easy to do online by visiting:

www.doncaster.gov.uk/familyhubs

..or find your nearest Family Hub and pop in to complete a membership form. Find us at →

North

Bentley Family Hub

The Avenue, Bentley,
DN5 0NP – 01302 737350

Askern Family Hub

Spa Pool Road, Askern, DN6 0HZ
01302 737099

Adwick Family Hub

Central Avenue,
Woodlands, DN6 7RU
01302 737717

East

Stainforth Family Hub

Junction Road, Stainforth,
DN7 5DH – 01302 734048

Moorends Family Hub

Marshland Road, Moorends,
DN8 4SB – 01302 737470

Armthorpe Family Hub

Mere Lane, Armthorpe,
DN3 2DG
01302 736760

Central

Wheatley Family Hub

Old School Way, Beckett Road
Wheatley, DN2 4AJ, 01302 737790

Balby Family Hub

Sandycroft Crescent, Balby,
DN4 0TY – 01302 736880

Central Family Hub

Welcome Way, Doncaster,
DN1 3LE
01302 737995

South

Rossington Family Hub

Grantham Street, Rossington,
DN11 0TA – 01302 737440

Mexborough Family Hub

Wath Road, Mexborough,
S64 9ED – 01302 736869

Denaby & Conisbrough Family Hub

School Walk, Conisbrough,
DN12 4HZ
01302 737436

