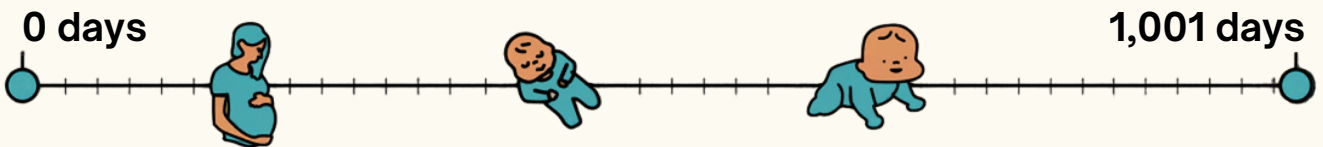


# HEALTHY BABIES



Our Healthy Babies offer includes an overview of information, advice, and places to go in Solihull to make the very best of the first 1,001 days of your child's life.

From pregnancy to feeding choices, your child's developing brain and looking after yourself, we are with you every step of the way.

For more information on childcare, activities, and support services for your family, visit the [Family Information Service website](https://www.solihull.gov.uk/family-information-service).



[www.solihull.gov.uk/healthy-babies](https://www.solihull.gov.uk/healthy-babies)



# Contents



**Preparing for and being pregnant**

**3**



**New baby and feeding**

**4**



**Babies and toddlers**

**5**



**Staying happy and safe**

**6**



**Solihull Family Hubs**

**7**



**Contact us**

**8**

# Preparing for and being pregnant

From thinking about having a baby to being pregnant, there are lots of services in Solihull to support you with your health and answer any queries you may have.

## Planning your healthy pregnancy

Improve your chances of getting pregnant and having a healthy pregnancy by taking a folic acid supplement, stopping smoking, maintaining a healthy weight, knowing which medicines you can take, and keeping up with the NHS vaccination schedule

[www.nhs.uk/pregnancy/trying-for-a-baby/planning-your-pregnancy](http://www.nhs.uk/pregnancy/trying-for-a-baby/planning-your-pregnancy)

[www.nhs.uk/vaccinations/nhs-vaccinations-and-when-to-have-them](http://www.nhs.uk/vaccinations/nhs-vaccinations-and-when-to-have-them)

## Let us know you're pregnant

Self-refer your pregnancy or your loved one's pregnancy to the Birmingham and Solihull United Maternity and Newborn Partnership (BUMP) to access the right local care from day one

[www.badgernotes.net/SelfReferral/CareLocation/BUMP](http://www.badgernotes.net/SelfReferral/CareLocation/BUMP)

## Avoid drinking alcohol during pregnancy

Alcohol passes from your blood through the placenta to your baby which can cause serious life-long conditions called Fetal Alcohol Spectrum Disorders (FASD) with the more you drink, the greater the risk

[www.nhs.uk/pregnancy/keeping-well/drinking-alcohol-while-pregnant](http://www.nhs.uk/pregnancy/keeping-well/drinking-alcohol-while-pregnant)

## Maternity care during pregnancy

NHS midwives provide advice, answer questions, and offer support to pregnant women in Birmingham and Solihull as part of the Local Maternity and Neonatal System (LMNS)

[www.birminghamsolihullics.org.uk/our-initiatives/local-maternity-and-neonatal-system](http://www.birminghamsolihullics.org.uk/our-initiatives/local-maternity-and-neonatal-system)

## Preparing for your baby's birth

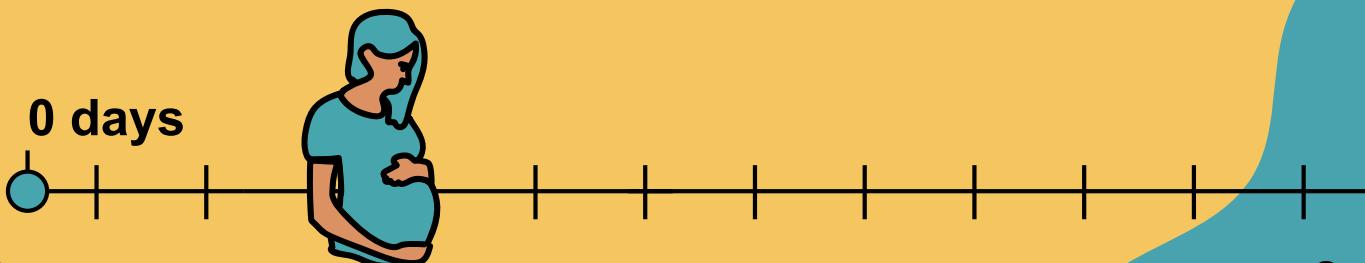
Information and advice on getting ready for giving birth, symptoms of pregnancy such as vomiting and morning sickness, the challenges ahead, and getting support

[www.healthforunder5s.co.uk/pregnancy](http://www.healthforunder5s.co.uk/pregnancy)

## Healthy Start vouchers for milk, vitamins, and healthy food

If you're more than 10 weeks pregnant or have a child under age 4, you may be entitled to Healthy Start vouchers to help to buy milk, vitamins, and healthy food

[www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)



# New baby and feeding

The first few months after birth are important for your baby's future health and development. Your local health visiting team are on hand to help with any issues you are facing on your journey

## Solihull Health Visiting Service

Health Visitors are specialist community nurses who provide expert advice and support during a minimum of five scheduled health and development contacts – antenatal (around 28 weeks pregnancy, new birth (10-14 days after birth, 6-8 weeks, 9 months, and 2 years

[www.healthforunder5s.co.uk/solihull/services/your-health-visiting-service](http://www.healthforunder5s.co.uk/solihull/services/your-health-visiting-service)

[www.nhs.uk/conditions/baby/babys-development/height-weight-and-reviews/baby-reviews](http://www.nhs.uk/conditions/baby/babys-development/height-weight-and-reviews/baby-reviews)

## ChatHealth text and online messaging service

If you're a parent or carer of a child aged 0-5 and have questions for a qualified health professional, you can text 0750 733 2563 on Monday-Friday between 09:00-16:30 or message online at [www.chathealth.nhs.uk](http://www.chathealth.nhs.uk) to receive a response within 24 working hours

## Solihull Infant Feeding Team

No matter how you decide to feed your baby, it is crucial to ensure that they get the nutrition they need to develop and stay healthy with feeding advice, breastfeeding support, online classes, café groups, and antenatal/postnatal resources

[www.linktr.ee/Solihull.IFT](http://www.linktr.ee/Solihull.IFT)

## Family Nurse Partnership

A specialist nurse programme for young first-time mothers and fathers aged 19 and under (or 21 and under with care experience from pregnancy to age 2

[www.healthforunder5s.co.uk/solihull/services/specialist-support/family-nurse-partnership](http://www.healthforunder5s.co.uk/solihull/services/specialist-support/family-nurse-partnership)

## Baby and parenting advice

From changing nappies to baby bonding and introducing solid foods, get tips on bathing, dressing, and feeding, as well as useful advice on coping with emotional changes, stress, and anxiety after childbirth

[www.nhs.uk/start-for-life](http://www.nhs.uk/start-for-life)

## Safe sleeping

For the first 6-12 months, the safest place for a baby to sleep is in a separate bed in the same room as parents or carers – on their back, in a clear space, on a firm, flat, waterproof mattress, in a smoke-free environment at a comfortable temperature (between 16-20°C)

[www.lullabytrust.org.uk/safer-sleep-advice](http://www.lullabytrust.org.uk/safer-sleep-advice)



# Babies and toddlers

Did you know that 90% of your child's brain growth happens before the age of 5? All those little moments – smiles, cuddles, chats, games – help them learn how to communicate, develop confidence, and make friends. Everyone involved in a baby's life can help contribute towards building a young, healthy brain

## **Five to Thrive – build your little one's brain**

Enjoyable ideas on how to talk, play, relax, cuddle, and respond to your child at different ages and stages of their development

[www.solgrid.org.uk/fivetothrive](http://www.solgrid.org.uk/fivetothrive)

## **Tiny Happy People**

Free activities, development milestones, and tips and advice on developing your child's language and communication skills

[www.bbc.co.uk/tiny-happy-people](http://www.bbc.co.uk/tiny-happy-people)

## **Early learning and development**

Activities ideas for you and child to do together such as learning to talk, building your baby's strength with tummy time and playtime activities, and keeping your toddler active both in and outside your home

[www.nhs.uk/start-for-life/early-learning-development](http://www.nhs.uk/start-for-life/early-learning-development)

## **Speech and language therapy**

Speech and language therapists (SLT from Solihull Children's Community Therapies assess how children communicate with family, friends, and in their educational setting to enable their parents or carers to feel confident about how to support them

[www.childrenscommunitytherapies.uhb.nhs.uk/speech-and-language-therapy](http://www.childrenscommunitytherapies.uhb.nhs.uk/speech-and-language-therapy)

## **Solihull Local Offer**

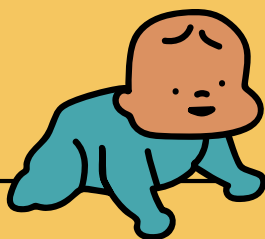
A collection of services and support for children and young people with Special Educational Needs & Disabilities (SEND between age 0-25, including information on co-production, social care, the Children's Disability Register, newsletters, engagement, and more

[www.solihull.gov.uk/children-and-family-support/localoffer](http://www.solihull.gov.uk/children-and-family-support/localoffer)

## **Oral health and brushing tips**

You can start brushing your baby's teeth as soon as they start to come through using a baby toothbrush with a tiny smear of fluoride toothpaste

[www.nhs.uk/conditions/baby/babys-development/teething/looking-after-your-babys-teeth](http://www.nhs.uk/conditions/baby/babys-development/teething/looking-after-your-babys-teeth)



# Staying happy and safe

Support for your child does not stop after their 2nd birthday. Access the local support on offer and learn alongside your child as they grow and develop in their early years, setting them up with a positive Start for Life

## Here2Help

Helping you live well and find the services and support you need at all stages of life, including financial support for the cost of living, physical and emotional wellbeing, unpaid carers, employment, and more – download the Here2Help booklet for more information

[www.solihull.gov.uk/Here2help](http://www.solihull.gov.uk/Here2help)

## Safeguarding

We all have a responsibility to protect children, young people and adults who may be at risk of abuse. If you have any concerns about someone's safety, visit Solihull Council's report safeguarding website. In an emergency, call 999

[www.solihull.gov.uk/report-safeguarding](http://www.solihull.gov.uk/report-safeguarding)

## Online parent and carer courses

Parents and carers can access a range of online parenting courses for FREE on the Solihull Approach website by applying the access code "APPLEJACKS"

[www.solihullapproachparenting.com/online-courses-for-parents](http://www.solihullapproachparenting.com/online-courses-for-parents)

## Preventing accidents

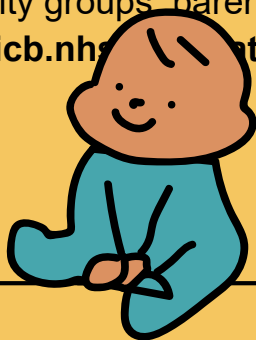
Reduce the chances of accidents happening and what to be wary of, including seasonal hazards, product recalls, nappy bags, water beads, button batteries, grapes, fidget spinners, blind cords, and open windows – with resources such as wall charts for at-a-glance safety education

[www.capt.org.uk](http://www.capt.org.uk)

## If you're waiting...

Support is available to children, young people, and families who find themselves experiencing long waits to access children's community therapy and mental health services, including community groups, parent workshops, peer support, and more

[www.birminghamsolihull.icb.nhs.uk/what-we-do/programmes-work/support-available-citizens-solihull](http://www.birminghamsolihull.icb.nhs.uk/what-we-do/programmes-work/support-available-citizens-solihull)



1,001 days

# Solihull Family Hubs

Family Hubs are local centres where children, young people, and parents can access many useful services and take part in fun activity sessions.

Facilities range from exciting play areas and open community kitchens to private work pods and bookable sensory rooms.

Access the internet using public computers or find out more about the community clothes store by speaking to our friendly staff.

Elmwood - Smith's Wood  
37 Burtons Way, B36 0UG  
elmwoodfh@solihull.gov.uk  
0121 779 1700

Hatchford Brook - Elmdon  
Old Lode Lane, B92 8JE  
hatchfordbrookfh@solihull.gov.uk  
0121 779 6943

Evergreen - Kingshurst  
42 Kingshurst Way, B37 6DX  
evergreen@colebridge.org  
0121 779 1724

Riverside - Chelmsley Wood  
289 Bosworth Drive, B37 5DP  
riversidefh@solihull.gov.uk  
0121 779 1750



# Contact us



[www.solihull.gov.uk/children-and-family-support/family-hubs](http://www.solihull.gov.uk/children-and-family-support/family-hubs)



[www.facebook.com/SolihullFamilyHubs](https://www.facebook.com/SolihullFamilyHubs)



[familyhubs@solihull.gov.uk](mailto:familyhubs@solihull.gov.uk)



[www.yourvoicesolihull.uk.engagementhq.com/hub-page/solihull-family-hubs](http://www.yourvoicesolihull.uk.engagementhq.com/hub-page/solihull-family-hubs)



Download the Solihull Family Hubs App on the App Store and Google Play Store