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What are Family Hubs?

Family Hubs bring together many different services to support you and your family from pregnancy through the early years of childhood and beyond. They help children and young people up to 19, and if they have Special Educational Needs, until age 25.

The Hubs are not one building but a network of different physical locations across the local areas, including online virtual support.

Who can use Family Hubs?

Family Hubs are for parents, carers & families with babies, children and young people who live in North Northants.

How can Family Hubs Help?

All families may need help from time to time, and the Family Hub will make it easier for you to get the help you need at the right time from the right people. The Hubs run groups and sessions on parenting, housing, benefit and debt information, childcare entitlements, and providing services that give babies the best start.

Support can help you build physical and mental well-being and strong relationships with your baby, children, and partners. There will always be friendly, experienced staff available to welcome you and help you find what you need.

The Family Hub will be able to offer you advice, guidance and support on;

- managing your child's behaviour and understanding the causes
- sharing practical skills, supporting positive behaviour and strengthening family relationships
- developing links within your community & creating peer networks
- helping you and your child be ready for school

 familyhubs.northnorthants.gov.uk

 familyhubs@northnorthants.gov.uk



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Start for Life Offer - We know that the first 1,001 critical days is a unique period for a baby that sets the foundations for lifelong emotional and physical wellbeing. Giving a child the 'best start' begins before birth, with good pre-conception and maternity care. If a child receives appropriate support during their early years, they have a real chance of maximising their potential.

Our Start for Life Offer can be found here:

startforlife.northnorthants.gov.uk



Easy Peasy App - Family Hubs have secured free access to the full premium version of the Easy Peasy app until March 2025.

EasyPeasy is a parenting support app, offering personalised tips and activities for parents and young children aged 0-5. The EasyPeasy app is designed to help you create the playful, positive connections that will help your child grow and thrive, with everyday materials that you'll already have access to at home.

www.easypeasyapp.com/northnorthants



ANYA App - Family Hubs have secured free access to the full premium version of ANYA – the breastfeeding support app – until March 2025.

The application contains personalised information and support, 1-1 expert advice from specialists, 3D breastfeeding tutorials and more.

www.anya.health/north-northants

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