

# Family Hubs North Northants

**Our vision:**  
Children, young people & families are safe, happy and the best that they can be.

**What are Family Hubs?**  
Family Hubs are friendly and safe spaces for babies, children, young people and their parents/carers to go when they need help and support. The people who work in the Hubs are friendly and will work with you to help you find and access help from different services in the local area.

**What is Start For Life?**  
All families may need support to give their babies the best start in life, whether from healthcare professionals, volunteers, family or friends.

If you are pregnant or a parent/carer of a child under two, our Start for Life offer brings all the information and advice you need together in one place, helping you and your growing family access the support you need.

 **EasyPeasy**  
Parenting support app with premium features for North Northants residents



easypeasyapp.com

 **ANYA**  
Breastfeeding app with premium features for North Northants residents



anya.health

 **Dad Pad**  
Guidance app for new dads, supporting new families in working together for their babies



thedadpad.co.uk

**Our Digital Front Door**  
Find all the information and support you need through our new digital front door.

[familyhubs.northnorthants.gov.uk](http://familyhubs.northnorthants.gov.uk)



# Start for Life

## North Northants Offer

From pre-pregnancy to two years old



 **Funded by  
UK Government**

# Start for Life

## 0-2 Journey



### Pregnancy

- Antenatal Checks - booking at 8 weeks
- 11 - 14 weeks dating scan
- Midwife 14 weeks antenatal contact
- From 16 - 32 weeks Whooping Cough vaccine
- 18 - 21 weeks ultrasound
- 28 - 36 weeks health visitor antenatal visit
- Offer of flu vaccination between Sep - Mar
- RSV vaccination between 28 - 36 weeks
- Midwife appointments at weeks 24, 28, 31, 34, 36, 38, 40 & 41

### Birth

- 2 day new birth midwife contact
- Hearing Screening & NIPE within 72hrs
- 1/3/5 day feeding assessment call, plus support as required
- Continued support from midwife to day 10
- 6 - 8 week GP check
- Health visitor visit day 10 -14

### 0-1 Year



- Health visitor 8 week visit & maternal mood review
- 8 - 16 weeks first vaccinations
- Health visitor 8 - 12 month review
- Family Information Service - childcare

### 1-2 Years



- 1 year first MMR vaccine
- Support for parent-child relationship

### 2 Years



- Health visitor 2 - 2.5 year review
- Family Partnership Service Parenting support
- Support for parent-child relationship

- Lettington General & Northampton General
- GPs & Midwives
- 0 - 19 NHFT
- Perinatal Mental Health
- Enhanced Offer
- Family Services

### Additional Support available throughout your family's journey...

- Specialist Perinatal Mental Health Service
- Signposting from Family Hub Connectors
- Wellbeing advice (parental & couple)
- Support for parent-infant relationship

- Milk&You Infant Feeding Peer Support
- Antenatal Sessions
- Free Vitamins
- DADS AREA
- Baby Groups
- Parental Conflict Support
- Strong Start

- Keeping Baby Safe & Starting Solids Workshops
- Supportive Steps
- Tobacco Dependency Advisory Service
- Free Early 9mths / 4yrs Childcare entitlement
- Flourishing Babies