

How can you access our service?

Families can self refer to our service by accessing the online form, found at

www.northamptonshire.gov.uk/strongstart

Alternatively, you can speak to your allocated Northamptonshire Health Visitor who can refer you into our service.

If you would like to find out more, please contact us on:

Email: strongstartteam@westnorthants.gov.uk

Tel: **07880 136070**

You can also follow us on social media platforms for updates and information.

facebook



Strong Start

Helping you to be a happy, healthy family

The Strong Start team is a group of qualified and experienced Early Years professionals commissioned by Public Health. We work closely with the Health Visiting and Infant Feeding teams across Northamptonshire to support families with babies and children under 5.



We offer Universal support with topics such as:

- sleep
- toilet training
- behaviour expectations
- early communication
- introducing solids
- child oral health
- child safety
- family befriending service

How can we help you?

We are here to help you access local information and advice which enables you to keep your family safe and healthy. Through our referral process we offer consultation calls.

We can support your family by :

- Providing information and techniques to support your child's development.
- Signpost or refer you to other professional health services.
- Offer support through a befriending service to help support family members with loneliness and social isolation.
- Help you to form part of a peer group through our virtual community.
- Help you assess your eligibility for help with early education and childcare costs for two year olds and Healthy Start Vouchers.

Face to Face Programmes

We are running face to face programmes in venues around Northamptonshire. For more information and to book a place please visit www.strong_start_team.eventbrite.co.uk

Virtual Programmes

We have a library of virtual programmes designed to give you and your family support on a range of subjects. All of our videos are uploaded onto YouTube and are accessible through the our website www.northamptonshire.gov.uk/strongstart



Video topics include —

- Antenatal
- Early Communication
- Healthy eating
- Looking after yourself
- School Readiness
- Safety in the home

Our virtual programmes are regularly updated and additional videos are being added.

Sing and Story with Me

Helping you to be a happy, healthy family



An hour session of singing new and traditional songs themed around a story. Find out how you can support your child's language development at home. You will be able to meet other families and socialise. This session is suitable for babies and children under 5. After the session there will be an opportunity for you to talk with our qualified Early Years professionals about development and wellbeing topics, ask questions and share any concerns or worries you have about your child or your own wellbeing.

We will also be running a free 4 week programme at Daventry Family Hub from 22 February

Places on these programmes are limited: To book your place, please visit: https://strong_start_team.eventbrite.co.uk/

For further information please email StrongStartTeam@westnorthants.gov.uk



Public Health
Northamptonshire

Str**ng Start**



West
Northamptonshire
Council



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In partnership with

Developmental Baby Massage

Helping you to be a happy, healthy family



Our 4-week programme will introduce developmental baby massage techniques for non-mobile babies. The session will also include information on baby development in line with Public Health messaging. There will be opportunities to socialise with other families and develop peer support groups.

We have programmes running in Blackthorn, Daventry, Kingsthorpe and Towcester Family Hubs.

Places on these programmes are limited: To book your place, please visit:

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For further information please email

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