

By telephone:

01905 790 560 (Monday to Friday, 9am to 5pm. Answer machine at all other times)

By post:

Family Information Service, 3 De Salis Court, De Salis Drive, Hampton Lovett, Droitwich, Worcestershire WR9 0QE

By email:

familyinfo@worcestershire.gov.uk

Online:

www.worcestershire.gov.uk/childrenscentres



If you can not understand the contents of this document and do not have access to anyone who can translate it for you, please contact 01905 765765 for help.

বাংলা। আপনি যদি এই দলিলের বিষয়বস্তু বুঝতে না পারেন এবং আপনার জন্য অনুবাদ করার মত পরিচিত কেউ না থাকলে, অনুগ্রহ করে সাহায্যের জন্য 01905 765765 নম্বর যোগাযোগ করুন। (Bengali)

廣東話。如果您對本文檔內容有任何不解之處並且沒有人能夠對此問題做出解釋，請撥打 01905 765765 尋求幫助。 (Cantonese)

普通话。如果您对本文件内容有任何不解之处并且没有人能够对此问题做出解释，请拨打 01905 765765 寻求帮助。 (Mandarin)

Polski. Jeżeli nie rozumieją Państwo treści tego dokumentu i nie znają nikogo, kto mógłby go dla Państwa przetłumaczyć, proszę zadzwonić pod numer 01905 765765 w celu uzyskania pomocy. (Polish)

Português. Se não conseguir compreender o conteúdo deste documento e não conhecer ninguém que lho possa traduzir, contacte o 01905 765765 para obter assistência. (Portuguese)

Español. Si no comprende el contenido de este documento ni conoce a nadie que pueda traducírselo, puede solicitar ayuda llamando al teléfono 01905 765765. (Spanish)

Türkçe. Bu dokümanın içeriğini anlayamazsanız veya dokümanı sizin için tercüme edebilecek birisine ulaşamıyorsanız, lütfen yardım için 01905 765765 numaralı telefonu arayınız. (Turkish)

اردو۔ اگر آپ اس دستاویز کی مشمولات کو سمجھنے سے قاصر ہیں اور کسی ایسے شخص تک آپ کی رسائی نہیں ہے جو آپ کے لئے اس کا ترجمہ کر سکتے ہو، براہ کرم مندرجہ ذیل نمبر پر رابطہ کریں۔ (Urdu)

کوردی سۆزله، شکر ناتوانی ئهئیکهی له ئاز بۆکی ئهم بهژگیه و دهستت به هیچ کس نهگهت که ویهیگریتنهوه بۆت، نهگهت نهئێهون بهک بۆ ژمارهی 01905 765765 و داواو رینۆنی بهک. (Kurdish)

ਪੰਜਾਬੀ। ਜੇ ਤੁਸੀਂ ਇਸ ਦਸਤਾਵੇਜ਼ ਦਾ ਸਮਝਣ ਸਮਰੱਥ ਨਹੀਂ ਸਹਿਣ ਅਤੇ ਕਿਸੇ ਅਜਿਹੇ ਵਿਅਕਤੀ ਤੋਂ ਮਦਦ ਨਹੀਂ ਲੈ ਸਕਦੇ ਹੋ, ਤਾਂ ਕਿਸੇ ਦਾ ਫ਼ੋਨ ਨੰਬਰ 01905 765765 ਤੇ ਫ਼ੌਨ ਕਰੋ। (Punjabi)

This document can be made available in other formats (large print, audio tape, computer disk and Braille) on request from the Marketing Team on telephone number 01905 728912 or by emailing cmetcalf@worcestershire.gov.uk

To the best of our knowledge all information was correct at the time of printing: July 2010

54396 07110

New baby?

How children's centres can help



What is a children's centre?

Children's centres can offer information, advice and activities to support families with children aged 0 to 5.

It means you and your family will get the help and support you need close to home.

How children's centres can help

Friendly groups for expectant and new parents:

- Varied programme of sessions in a relaxed atmosphere
- Opportunities to make new friends, share ideas and get information
- Groups for younger parents
- Parents-to-be sessions: weekly groups to help you prepare for labour and birth, breastfeeding and early days at home.

Breastfeeding:

- Advice sessions before the baby arrives, by trained staff
- Help and support when you get home
- Breastfeeding support group in a truly baby friendly environment.

Fun activities for all the family:

- Baby massage
- Stay and Play and Baby Play groups
- Dads' groups
- Family fun days and trips.

There are also opportunities for volunteers and translation services available in some centres.

To find your local children's centre, call **01905 790560**.



Advice, information and support:

- Counselling and sessions on issues such as debt
- Parenting courses, such as help with your child's sleeping and behaviour
- Family support
- Advice on nutrition and introducing solids (weaning)
- Training courses, for example computers and first aid
- Advice on childcare options and maternity benefits.
- Special needs support
- Support and advice for living a healthy lifestyle
- Help for you and your family to quit smoking, including nicotine replacement therapy arranged and a free 'stop smoking' service for all family members.

Midwives' antenatal clinics:

- Referral for maternity care when you find out you are having a baby
- Advice on how to keep healthy during pregnancy
- Appointments during pregnancy and the early days after birth.



I give my consent for a children's centre member of staff to contact me or update my details

I am...

An expectant Mum/Dad

Expected date of delivery / /

A parent/carer of a child under 5

Dates of birth of your children: / / / /

I'm interested in...

Friendly groups for expectant and new parents

Breastfeeding

Help to quit smoking

Advice, information and support

Midwives' antenatal clinics

Parents-to-be sessions

Name

Address

Postcode

Telephone Email

Signature of parent/carer Date

(Details will only be used for the purpose of sending you information about the above, and will be kept on record).

Please pass this form to your midwife or health visitor or hand in/post to your nearest children's centre.