

A guide to 0-5 Start for Life services in Leicestershire.



There are lots of services across Leicestershire to support you and your family. From planning your pregnancy to your child starting school we can offer a range of support. There are Family Hubs across Leicestershire that you can go to and some professionals might also visit you at home. We also have a lot of support online that you can access. At all times you can find helpful staff who will be able to help make sure your family have the best start in life.



To find out more visit: [Family Hubs Leicestershire](#)

1 Planning for pregnancy

You can improve chances of getting pregnant and having a healthy pregnancy by thinking about small changes like stopping smoking and drinking alcohol. Exercising and diet are important. Taking Folic acid supplements are recommended when you are pregnant.

Find out more information at



NHS UK

and



healthy
start

2 Before Baby Arrives

We are here to help you. You can self refer to maternity services at your choice of hospital. Use the QR code to refer to Leicester hospitals. Your midwife will let your Public Health Nurse (Health Visitor) know that you're expecting a baby. Around 28-36 weeks your public health nurse will make contact. To contact your Health Visiting Team use the Healthy Together helpline on **0300 300 3001**.



3 After Baby Arrives

You will have support from your Public Health Nurse. You can get lots of helpful information on things like infant feeding, coping with crying, your health and wellbeing, plus there are lots of places you can go to, to meet other new parents such as local libraries and Family Hubs.

4 0-2 years

The first 1001 days up to your child's 2nd birthday is when your baby's brain is growing rapidly. Everything you do before they are 2 years old is helping them build their adult brain; who they are, how they learn and what they might achieve.



Baby's first
1001 days

5 Your 2 year old

There is a lot of support for managing the challenges of having a toddler as they are learning new skills, growing rapidly, and developing their own personality. All children will have a 2 year check with their Public Health Nurse which is a good opportunity to ask any questions you might have. You might also want to explore childcare options.

6 Pre-school years

To help your child become confident and as prepared as they can be for school, all 3 and 4 year olds are entitled to access 15 hours free childcare.



Funded
childcare places.

7 SEND (special educational needs & disability)

If you are worried about or have questions about your child's development, you can speak to your Health Visitor, GP or childcare setting. Leicestershire Early Years Inclusion Service have teams that your child can be referred to for extra support. Find out about each team and



how to make
a referral.

