

## ABOUT US

In Redcar & Cleveland our local Family Hubs are launching a new Best Start In Life offer for our expectant parents, parents and carers, professionals, and the public to raise awareness of services, advocate for early intervention, promote strategies that improve outcomes during pregnancy and in early years. As part of our new Best Start In Life, we are facilitating our first Baby Week Redcar & Cleveland.

JOIN  
US

This week is giving us the opportunity to celebrate and bring together the work of maternity and early years services, helping to raise awareness of the critical developmental growth stages and a real focus on the first 1001 days (2 years) to give every baby the Best Start In Life. The week will provide a variety of free or low-cost events throughout the borough during the week of Tuesday 14th November 2023.

# BABY Week

## REDCAR AND CLEVELAND

## FAMILY HUBS FREE EVENTS

Go along to your local Family Hub and enjoy messy and sensory play, singing and story time sessions. Come and find out about the benefits of baby massage and bonding with your little one and many more fun activities throughout the week.

## REDCAR LIBRARIES EVENTS

Join Redcar's libraries for some exciting child friendly sessions for Baby Week 2023. From Baby Week Storytime and Multi-Sensory Social to Creative Play and much more.

[www.babyweek.co.uk](http://www.babyweek.co.uk)

Free events throughout the week!



**THURSDAY 16/11/23**

**B** = Booking **REQUIRED**

### Morning

#### Foodbank Volunteers Dormantown Family Hub AM

volunteers from the foodbank will be available in the morning to offer advice. Baby items will also be for sale

#### Infant Massage Taster Redcar Coast Family Hub – 10-10:30 | Grangetown Family Hub 11-11:30 am **B**

Infant massage has physical and emotional benefits for your baby. This is aimed at babies from 6 weeks – 9 months. It supports bonding and attachment; reduces low mood and social isolation in parents, help sleep routines and reducing gas, colic and intestinal difficulties.

**This session requires booking. Please contact: [Contactusfamilyhub@redcar-cleveland.gov.uk](mailto:Contactusfamilyhub@redcar-cleveland.gov.uk) or your local Family Hub**

#### Baby and Me Book Club Loftus Library – 10-11am | Loftus Family Hub 12-12:30 pm

Do you want your baby to become a keen and confident reader and discover the joy of reading yourself? Loftus families have the chance to take part in a reading project that will guide you through what books are best for baby and find stories that interest the whole family. Join me for an introductory session where you can find out more. Every ability welcome!

#### Understanding Your Baby Taster South Bank Family Hub 11-11:30 am

Provides a practical opportunity to support parents to be preparing for life with a new baby including preparation for birth, caring, bonding and the early feeding of your baby.

#### Breast Friends Taster Greengates Family Hub 9:30-11pm | Grangetown Family Hub 10-11 am

A social group for breast feeding families with planned fun activities. Come along for a chat and get to know other breastfeeding families in the area. Support is also available from our trained staff. We welcome pregnant parents to be.

#### Birth Prep Doula Dormantown Family Hub 10-11:30 am

Not your average antenatal - discover labour techniques and tricks, learn about the physiology of birth, and your perinatal options and rights. Birth planning support and guidance - a must-do for parents to be and birthing partners.

### Afternoon

#### Little Explorers Taster Redcar Coast Family Hub 1-2:30 pm

This session is aimed at children under 5 years to provide active play opportunities for families using our hub space to play explore and learn. Meet other families from your local area.

#### Understanding Your baby Taster Grangetown Family Hub 2:30-3 pm

Provides a practical opportunity to support parents to be preparing for life with a new baby including preparation for birth, caring, bonding and the early feeding of your baby.

#### Infant Massage Taster Grangetown Family Hub – 2:30-3 pm **B**

Infant massage has physical and emotional benefits for your baby. This is aimed at babies from 6 weeks – 9 months. It supports bonding and attachment; reduces low mood and social isolation in parents, help sleep routines and reducing gas, colic and intestinal difficulties.

**This session requires booking. Please contact: [Contactusfamilyhub@redcar-cleveland.gov.uk](mailto:Contactusfamilyhub@redcar-cleveland.gov.uk) or your local Family Hub**

#### Neonatal Parents Support Group Taster Ormesby Family Hub 1:30-3pm

This support group will be facilitated by the Family Hub Peer Support Service and is an opportunity to connect with other parents/carers of preterm babies. Please note that we are unable to offer any clinical advice/guidance BUT can signpost onwards where needed.

#### Henry Starting Solids Taster Redcar Coast – 3:30-5 pm **B**

Introducing solids at six months. Come to a starting solids taster to help you get your baby off to a great start. The workshop will help you decide when your baby is ready to try solid food, what foods to start with, when your baby is hungry and when they've had enough; and how to make mealtimes an enjoyable experience for the both of you.

**This session requires booking. Please contact: [Contactusfamilyhub@redcar-cleveland.gov.uk](mailto:Contactusfamilyhub@redcar-cleveland.gov.uk) or your local Family Hub**

We love babies!  
And we want the best for them. So we work with parents, professionals and the public to raise awareness of services, advocate for early intervention, promote strategies that improve outcomes during pregnancy and in early years, and celebrate success.