

Who's it for?

We aim to ensure that we reach out to the families that need us most- when life is very stressful or families have a lot to deal with. Places are offered to parents and parents-to-be who feel they need more support about being pregnant, having and caring for their baby or how to help their child develop and grow during the first two years of their life. Some families may join us before their baby is born and some will join the pathway later on, and families will join the pathway for lots of different reasons. All families will be made welcome, regardless of their situation, and sessions will be tailored as much as possible to meet the needs of that pathway group. Parents will get to know each other, form relationships within the group and eventually be able to support each other as their children continue to grow.

If you would like to discuss the Pathway in more detail, please contact your local Children's Centre or discuss the opportunity with your Health Visitor, Midwife, or Social Worker.

For more information or to find your local Children's Centre

Visit <http://www.leicestershire.gov.uk/childrens-centre-activities>

Facebook- search for 'Sure Start Children's Centres'



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What is the 0-2 Pathway ?



We all know that parenting is a tough job at the best of times! We also know that when children get off to a good start they are well equipped to cope with the ups and downs of life as they grow up.

Sure Start Children's Centres' focus is to support families to give children the best possible start in life.

Our Pathway is intensive support for parents-to-be with additional support needs, right from the beginning of their parental journey (the antenatal stage) and through the first two years of the child's life.

There are five 'pegs in the sand' that every Pathway has and you will be offered in the first year:

In the first year, you will be offered a place at a weekly session with other parents who are going to have their babies at the same time as you. You will go through the journey together, supported by a member of staff, and will be given advice, information and guidance to help you navigate that first year as a parent.

You can have a say in what topics we do and what guidance you would find useful. Some of the options include: budgeting, early communication, home safety, tummy time, messy play, sensory play and many more.

In the second year of the Pathway, you will be offered places on different groups and courses, depending on your family's individual needs.

★ Antenatal

This is specialist antenatal education and offers support during pregnancy and the first few weeks of parenthood. You will meet the worker that will join you on your journey through the first year of the Pathway.

Opportunities for an accreditation qualification with the National Open College Network. Parents will then be invited back for a reunion and post-natal sessions once they have had their baby.

★ Infant Massage

This is a five week course, Baby massage is a lovely way for you to express your love and care for your baby. Massage can soothe your baby and help her to sleep.

Massage has many added benefits for your baby, including improving weight gain, aiding digestion, improving circulation, and easing teething pain. Massage is a great way for you and your partner to bond with your baby, and you may find it relaxing, too!

★ Tiny Talkers

This is a four week course, delivered by our Pathway Support Workers and is designed to help you to support your baby to develop really good social and language skills.

★ Five to Thrive

Central to the Five to Thrive approach is the set of five key activities: Respond · Cuddle · Relax · Play · Talk

These are our 'building blocks for a healthy brain'. We will help you understand how important these activities are for your child and how important you are as a parent in building healthy brains!

★ Great Expectations

This group runs when the children are around 8 months old and basically tells you what to expect from 9 months to 2 years in terms of your child's development and behaviour. We want to prepare you to care for a toddler on the

move! It will help you to understand your child, and understand your child's behaviour.

