



If you need this information in another language or format please telephone 0116 295 0994 or email: Patient.Information@leicspart.nhs.uk

Arabic

إذا كنت في حاجة إلى قراءة هذه المعلومات بلغة أخرى أو بتنسيق مختلف، يرجى الاتصال بنا على رقم 0116 295 0994 أو إرسال بريد الكتروني إلى: Patient.Information@leicspart.nhs.uk

Bengali

শুধি এই তথ্য অন্য কোন ভাষায় বা ফরমেটে আপনার দরবার হয় তাহলে করে 0116 295 0994 নম্বরে ফোন করুন বা Patient.Information@leicspart.nhs.uk টিকানায় ই-মেইল করুন।

Traditional Chinese

如果您需要將本資訊翻譯為其他語言或用其他格式顯示，請致電 0116 295 0994 或發電子郵件至：Patient.Information@leicspart.nhs.uk

Gujarati

જો તમારે અસ્તી અન્ય લાખ અથવા કોમેરમાં જોઈતી હોય તો 0116 295 0994 પર ટેલિફોન કરો અથવા Patient.Information@leicspart.nhs.uk પર ઇમેઇલ કરો.

Hindi

आगर आप यह जानकारी किसी अन्य भाषा या प्रारूप में चाहते हैं तो कृपया 0116 295 0994 पर हमें फोन करें या Patient.Information@leicspart.nhs.uk पर हमें ईमेल करें।

Polish

Jeżeli są Państwo zainteresowani otrzymaniem niniejszych informacji w innym języku lub formacie, prosimy skontaktować się z nami telefonicznie pod numerem 0116 295 0994 lub za pośrednictwem poczty elektronicznej na adres: Patient.Information@leicspart.nhs.uk

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਵਿਸ਼ੇ ਹੋਰ ਭਾਸ਼ਾ ਜਾਂ ਫਾਰਮੇਟ ਵਿਚ ਚਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ 0116 295 0994 ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ ਜਾਂ ਇੱਥੇ ਈਮੇਲ ਕਰੋ: Patient.Information@leicspart.nhs.uk

Somali

Haddii aad rabto in aad warbibintan ku hesho luqad ama nuskhad kale fadlan soo wac lambarka 0116 295 0994 ama email u dir: Patient.Information@leicspart.nhs.uk

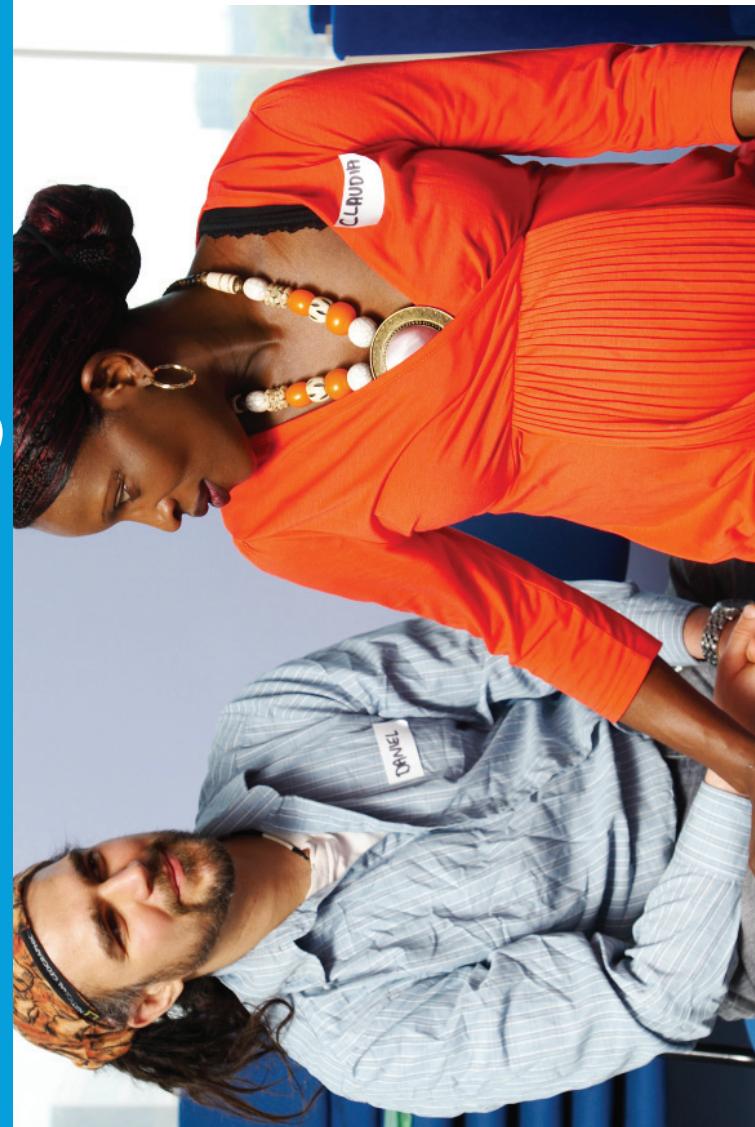
Urdu

اگر پر یہ معلومات کسی اور زبان یا صورت میں درکار ہوں تو براہ کرم اس ٹیلی فون نمبر 0116 295 0994 یا Patient.Information@leicspart.nhs.uk میں، یا راضہ کرو۔

Having a baby in Leicester, Leicestershire and Rutland.



Advice and support
for parents to be.



Becoming Parents?

Congratulations - you're having a baby!!

Here is what is available in your local area to support you through pregnancy and in those early few months after you arrive home with your new baby.

It is recognised that breastmilk is the very best first food for babies and the Department of Health recommends that babies are breastfed for at least six months.

Information about infant feeding, whether breast or formula, can be accessed via the Leicestershire website at: www.leicspart.nhs.uk/infantfeeding. See links for antenatal information, local support groups for help and guidance around breastfeeding and a free phone app called 'Meals on Heels' which includes directions to Baby Friendly venues. There is also information about Leicestershire's Peer Support Scheme which is a mum to mum service of trained volunteers offering an extra layer of support.



Parents who might need extra support

There is a team of specialist midwives offering additional support to vulnerable women including teenage mums, homeless women and those with substance misuse issues. You will be referred to these midwives if this is appropriate and they will provide you with additional information and their contact details.

The Family Nurse Partnership Programme supports first time teenage parents under the age of 19 in Leicester City and the team can be contacted on 0116 225 4857.

The Early Start (early intervention) Programme in Charnwood supports first time parents with a variety of needs for example; learning difficulties, mental health issues, substance misuse, teenagers and parents who have been in care themselves. The team can be contacted on 07879 848371.

If you find it difficult to access any of the sessions mentioned but would like further information please contact your midwife or health visitor through your GP surgery



Health Visitor Home Visit

An appointment will be offered to you over the phone at a time that is convenient for you and unless you are in very early need of support, will normally be between 28 and 36 weeks of pregnancy.

Your named health visitor will come and see you at home and it is preferable if your partner is present too. The visit usually takes around an hour and will give you an opportunity to get to know what the health visiting service can offer you as a family after the baby is born and how to access local services.

The health visitor is responsible for making sure that the Healthy Child Programme universal service is offered to all children and families. This programme focuses on a universal preventative service, providing families with a programme of screening, immunisation, health and development reviews, supplemented by advice around health, wellbeing and parenting.

Your health visitor will work with you to look at any individual needs that you might have, focusing on helping you to make positive healthy lifestyle choices and will be there to offer advice and support on the childhood immunisation programme, family health and relationships and feeding choices. Your health visitor will be able to provide breastfeeding support if needed in the early days of parenthood.

Interpreters

Interpreters (including British Sign Language) are available. Please let the individual service know before you attend if you need an interpreter.



Infant feeding

Making an informed decision about how to feed your baby is important and seeking out this information whilst pregnant is helpful.

Early booking for ante-natal care is essential – you should aim to see your midwife as soon as you know you are pregnant

If you have not yet registered with a GP you can contact a midwife by booking online by visiting our new maternity website: www.leicestermaternity.nhs.uk

Once you have been seen by your midwife, she will discuss and arrange with you plans for your further ante-natal care. Your details will also be shared with the health visiting team who will contact you and arrange to come and visit you at home after you have reached 28 weeks of pregnancy.

Your community midwife provides physical, emotional and social support and guidance throughout your pregnancy and in the early days after your baby is born. They will work with you to create a plan for the best possible care during your pregnancy and refer you to other specialists or your GP if required. They will provide you with information about all aspects of your pregnancy, including local parenting classes and choices of where to give birth. They work closely with other agencies including health visitors to ensure you receive the best possible care.

Preparing for pregnancy, birth and beyond

You may like to access one of a variety of 'preparing for pregnancy, birth and beyond' programmes, depending on where you live. Your local Sure Start or Children's Centre will also be able to offer you information and a variety of sessions that are available to support you in your new role as a parent.

You may find it helpful to look at 'your pregnancy and baby guide' on the NHS choices website: www.nhs.uk/planners/birthtofive. Here you can register and further information will be sent to you electronically.

Parenting education programmes

University Hospitals Leicester (UHL) - parent education sessions

UHL Midwife and Maternity Support Worker sessions

Sessions run by: Midwives, Maternity Support Workers

Sessions available include: Pain relief and labour, Early Bird class
Day and time: Evening and weekends
Suitable for: Any mum and/or partner wanting a supportive practical parent education programme. Come along and meet new mums / partners and find out what is available locally for you and your family.

Additional 'paid for' sessions (package of four) run by Tummy2Mummy

Charge: There is a charge for Tummy2Mummy sessions
Venue: Leicester Royal Infirmary and Leicester General Hospital, Children's Centres and other local venues – ask your midwife for details.

Bumps to Babies	Venue:
Sessions run by:	Selected Leicester City Children's Centres Midwives, Children's Centre Staff and Maternity Support Workers
Sessions available include:	A four week course including pain relief and labour.
Day and time:	Various weekday and evening sessions, ask your midwife for details.
Suitable for:	All parents local to the Children's Centres who want support and advice in the antenatal period.

Leicester City Community Programmes (continued)

Leicestershire County Community Programmes

Baby Beginnings

Baby Beginnings	Venue:
	Hinckley Hinckley and Bosworth Children's Centre programme have commissioned a specialist antenatal education and support project for vulnerable parents, offering an antenatal education group programme where parents can obtain a National Open College qualification, or one to one home based support. Parents are invited to this project by professional referral. This project is provided by Baby Dolly, 01455 441036.

Leicester City Community Programmes - all these programmes are free of charge

Discovering Babies

Discovering Babies	Venue:
Sessions run by:	All Children's Centres Childcare and Early Learning Officers, Family Support Workers, Health Visitors
Sessions available include:	A 12 week course run each term covering topics such as; weaning, minor ailments, baby massage and early communication with your baby.
Day and time:	Weekdays at various times
Suitable for:	All parents local to the Children's Centres