

Key contacts

Torbay Midwives

01803 654771

Health visitors

(0 to 19 Torbay advice line)

0300 333 5352

Monday to Friday - 9am to 5pm

PublicHealthNursing.torbay@nhs.net

Torbay Infant Feeding

07500 952216

Monday to Friday - 8.30am to 4.30pm

National Breastfeeding Helpline

0300 100 0212

Daily - 9.30am to 9.30pm

Torbay Council

www.torbay.gov.uk

Useful websites

Parent Talk

Free down to earth parenting advice

and 1:1 chat from Action For Children

www.parents.actionforchildren.org.uk

InOurPlace

Solihull Approach free online Antenatal and Parenting Courses, with online code TAMAR

www.inourplace.co.uk



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TORBAY COUNCIL



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NHS Foundation Trust

Here to help

All of our Family Hubs have a range of services and practitioners that provide help and support to children, young people and families. This includes midwives, health visitors, welfare and debt advisors, family support and early years workers.

We can also help you to access other services you may need. You can call or email us or just pop in.

Torbay Family Hubs

01803 210200

familyhubs@torbay.gov.uk

The Beehive

Paignton Enterprise Centre
Bishops Place, Paignton TQ3 3DZ

Zig Zags

32 Market Street, Torquay TQ1 3AQ

The Barn

Rea Barn Road, Brixham TQ5 9DF

www.torbayfamilyhub.org.uk

Our virtual Family Hub

Information, advice and support from sources you can trust.

www.torbay.gov.uk

Find out what activities and groups are running in your local Family Hub - torbayfamilyhub.org.uk/activities-and-groups/

Familyhub

TORBAY



Baby and you - a great start in life

From conception to two
years, information for
parents and carers

Early relationships between babies and their parents are incredibly important for building healthy brains. Parents and carers provide love and care which enables children to thrive. Having fun while spending time with children at home: talking, listening, and playing with something they enjoy helps to grow the brains of babies and young children.

Just 10 minutes a day of focused attention can make a difference to a child's long-term learning and development.

Preparing for parenthood

Did you know?

It's really important to look after yourself physically and emotionally to help your baby have the best start.

Eating a healthy, nutritious diet is especially important if you're pregnant, or planning a pregnancy. Your baby relies on you to provide the right balance of nutrients to help them grow and develop properly (even after they're born).

Pregnancy

Did you know?

Babies' hearing starts developing from about sixteen weeks into pregnancy.

By 6 months of pregnancy, your baby can hear music and recognise familiar voices, learn and remember.

Finding regular quiet times when you can talk and sing to your baby helps them to recognise your voice and feel comforted and loved.

Building a happy baby

Did you know?

New babies have a strong need to be close to their parent or carer, as this helps them to feel secure and loved.

When babies' need for love and comfort are met, they will be calmer and grow up to be more confident.

When you cuddle your baby, it helps them feel safe, secure, and loved.

As your baby grows

Did you know?

The brain is 25% developed at birth and 80% developed by age three.

1-3 month old babies see things best when they are between 20-30 cm away. By 3 months, babies have a greater range of vision.

Toddlers are especially happy when they see that they are making the adults around them happy as well.

Chat

Did you know?

Babies might be a while off talking, but even at 3-6 months your baby is starting to learn the back and forth patterns of conversations.

Play

Did you know?

Babies enjoy physical contact and movement. Discovering their hands and feet allows them to explore using their senses. They learn from playing with you, watching and copying your facial expressions, and reacting to your touch and tickles.

Read

Did you know?

Looking at and talking about picture books is a great way to encourage your child to enjoy stories.

Children who were read to regularly by their parents / carers at age five performed better in maths, vocabulary and spelling tests at age 16 than those who were not helped in this way.

