

**Pregnancy and the first 24 months. You and your baby's mental health and wellbeing.**

**Our  
services**

As a parent / carer we all sometimes need help to understand how we feel about our relationship with our child or how we feel in ourselves. As a family you are very important, some of these services could help and support you.

## The Bump Club

A monthly **drop-in** for expectant parents and their partners. A warm and welcoming space where you can connect with other parents-to-be, share experiences, and discover what's on offer for your growing family.

## Building Babies Brains

Our Building Babies' Brain Champions pass on key messages to support you to increase your knowledge of baby brain development, bonding and resilience in groups, services and the community. Go to [www.tobayfamilyhub.org.uk/volunteer](http://www.tobayfamilyhub.org.uk/volunteer)

## Triple P Baby

For expectant parents and parents of a baby under a year old. Triple P Baby is here to guide you on this incredible journey! Our evidence-based program offers practical insights and support to help you thrive as a parent. **Referral via your under fours referral form** or call 01803 210200

## All about me

Learn more about your newborn baby and what they are trying to tell you. This is a one-off session which will introduce the 'Newborn Behavioural Observation' (NBO), an evidence-based intervention, originating from the Brazelton Centre UK.

**Talk to your health visiting team**

## Baby Massage

Massage helps your baby feel secure. Learn about baby's subtle cues to understand their behaviour and be responsive to their communication. **Referral** via our **under fours referral form** or call 01803 210200

## Emotional Wellbeing Visits

Additional support with your mental health and emotional wellbeing from your health visiting team. **Talk to your health visiting team**

## Family Wellbeing Group

Our baby and parent wellbeing group is here to nurture both you and your precious baby. A supportive group where you can bond with your little one and practice self-care. **Referral via your under fours referral form or call 01803 210200**

## Parent Connectors

Supporting community groups with messages around close and loving relationship, infant feeding and parenting.

## Ramble Club

Our family-friendly walking and talking drop in group offers the perfect opportunity to: make time for yourself, embrace nature, move your body, share quality time with your little ones as you explore together and make new friends.

## VIG, Video Interactive Guidance

Identifies and promotes the positive interactions between baby/child and their parent/ care-giver. Referral via our **under fours referral form** or call 01803 210200

## HOPE Programme

A free six week programme that bring parent's together to consider self-care, self-management supporting people to consider "what is important to me?"



## Specialist Practitioner

To support, promote and enhance the relationship between baby's / infant and their parent / carer. Talk to your health visiting team, referral Only

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The visits have been invaluable after the birth of our 2nd child. The health visitor is a fantastic listener and adviser and gave my husband and I a great space and opportunity during her visits to work on our communication, understanding and help rebuild our relationship. We will be forever grateful for her support xx

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**For more information on any of the groups or services, go to our Torbay Family Hub website**

### Contact us



01803 210200 or 0300 333 5352 (advice line)



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[www.torbayfamilyhub.org.uk](http://www.torbayfamilyhub.org.uk)



Family Hubs in Torquay, Paignton, Brixham

