

# Antenatal information

for families living in  
Torbay



Familyhub  
TORBAY

0 to 19  
TORBAY  
for you



# Welcome

Welcome to our 0 to 19 Torbay Public Health Nursing (Health Visiting and School Nursing) services. 0 to 19 Torbay is a partnership of Torbay and South Devon NHS Foundation Trust, Action for Children and The Children's Society.

At your antenatal appointment from 28 weeks into your pregnancy, you will meet your health visitor who will provide you with your red book and other useful information.

Please remember to bring your red book to all appointments with our service, as we will document your child's progress in it. Feel free to ask us any questions during your appointments.

If you need our services earlier or have updated your contact information, please reach out to us at **0300 333 5352** or via email at [publichealthnursing.torbay@nhs.net](mailto:publichealthnursing.torbay@nhs.net). Our office hours are Monday to Friday, 9am to 5pm, but don't hesitate to contact us outside of these hours. We will respond within 2 working days.

If you have any general questions about our service or would like to find out what's on in the area, please go to our website <https://torbayfamilyhub.org.uk> or find us on Facebook or Instagram. Just search for **0to19Torbay**.

We look forward to meeting you.

With kind regards,

**0 to 19 Torbay Team**

# Key Contacts

Helping families find ways to avoid illness, stay fit, happy and healthy

We work very closely with our Family Hubs who work alongside families with children under 5, providing information, advice and a wide range of services including baby massage, feeding support, free play activities, family support and much more.




**Torbay Maternity Unit:** 01803 655771

## 0 to 19 Torbay:

**Call** 0300 333 5352

**Email** [Publichealthnursing.torbay@nhs.net](mailto:Publichealthnursing.torbay@nhs.net)

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

**Social Media** 0to19torbay   

## Local Infant Feeding support



07500 952216



NHS Infant Feeding Torbay



nhsinfantfeedingtorbay

## Useful websites

**Parent Talk** - Free down to earth parenting advice and 1:1 chat from Action For Children  
([www.https://parents.actionforchildren.org.uk/](http://www.https://parents.actionforchildren.org.uk/))

FREE **online Antenatal and Parenting Courses** ,  
see pages at end of booklet

## Family Hub Torbay app

From one easy-to-use app you can find everything you need, including information on essential services, emotional health, child development and health chat.

Download the app in your app store by searching for 'Torbay Family Hubs'.

You can also opt in for reminders and information about groups available in the area and chat to one of our health visitors or school nurses.

## Get the app



## Public Health Nursing Team

Health visitors are registered nurses/midwives with additional training in community public health nursing. They work in partnership with community public health staff nurses who are trained nurses and with community nursery nurses. The team provides a professional public health service based on best evidence of what works for individuals, families, groups and communities; enhancing health and reducing inequalities for children 0 to 5 years and beyond. We can help with many areas of child development including sleep, behaviour, healthy eating, bladder and bowel issues.

Watch this health visiting in the community video to find out more.

<https://vimeo.com/772475131/7057202720>

# When you will see your health visiting team

## Antenatal

Your antenatal visit will be carried out by your named health visitor, at your home, from 28 weeks of pregnancy. The health visitor will start to get to know you and your family and talk to you about preparing for your baby, early relationships with your baby and health topics which include safer sleep, infant feeding and the general practicalities of having a new baby. You will be given your Parent Held Record book or 'Red Book' at this contact.

## New birth visit

The new birth visit with your health visitor is offered to all families in Torbay between 10 and 14 days after birth. It is an opportunity for you to talk about any concerns you may have with feeding, safe sleeping, coping with crying and the general care of your baby.

The health visitor will ask you how you are feeling and offer further support if needed.



## Newborn hearing screening

The newborn hearing screening test identifies early hearing loss in babies, allowing parents to receive support and advice. In Torbay this is done by your health visitor at the new birth visit. Find out more from <https://www.nhs.uk/conditions/baby/newborn-screening/hearing-test/>

### 6 – 8 weeks

This visit is offered to you at your home or venue of choice. Your health visitor will assess your baby's development and observe milestones such as smiling and interaction and give you the opportunity to ask questions. They will also weigh your baby and plot their growth in the Red Book.

### 12 – 16 weeks

The 12 to 16 week or 3 to 4 month review continues to focus on your baby's development as well as offering advice on weaning and accident prevention and how you as parents are feeling.

You will be offered a parental mood review and further support suggested if you would like more support.

You may be seen by any member of the team.



# Developmental reviews

## Aged 8 - 12 months

We offer a developmental review for your baby between 10 and 12 months of age. This usually take place either in your home or at one of our Family Hubs by a community nursery nurse or health visitor.

This review is the first of two developmental assessments and are known as the ASQ (Ages and Stages Questionnaire). The questionnaires are sent to you before the appointment to give you time to think about what you have noticed about your baby's development.

The assessment covers all aspects of development and gives you the chance to ask questions around anything you are unsure of or need reassurance with.





## Aged 24 – 30 months

You will be offered a developmental review when your child is around 2 years and 3 months olds. These will usually take place either in your home or at one of our Family Hubs by a community nursery nurse or health visitor.

This review is the second of two developmental assessments and are known as the ASQ (Ages and Stages Questionnaire).

The questionnaires are sent to you before the appointment to give you time to think about what you have noticed about your baby's development. The assessment covers all aspects of development and gives you the chance to ask questions around anything you are unsure of or need reassurance with.



## Aged 4 – 5 years and height and weight in year 6



The National Child Measurement Programme (NCMP) is offered to all reception and year 6 children.

It is a government scheme which aims to identify overweight or underweight children by weighing and measuring them and calculating their body mass index (BMI).

We offer families support to manage healthy eating and exercise where appropriate. You will receive a letter about the programme and can withdraw your child from the measurement process if you wish.



# Pregnancy Support



**Antenatal visit** from your health visitor from 28 weeks.



**Bump Club**, a monthly drop-in for expectant parents and partners to connect, share experiences. See the [what's on pages](#) for dates and times.



**TorBaby Antenatal Classes**, a 6 week programme for expectant parents and their families who live in Torbay. Find out more [here and how to book.](#)



**Breastfeeding masterclass**, support for antenatal women to learn about breastfeeding and breast milk. Partners, family and friends welcome to attend. For dates and times, go to our website. To book, [click here.](#)



**Tens machine hire**, available from our Family Hubs. Call 01803 210200 or email [familyhubtorbay@actionforchildren.org.uk](mailto:familyhubtorbay@actionforchildren.org.uk)



**Healthy Start Vitamins** are available from any of our Family Hubs for free.



**Baby Buddy App**, made for mums, dads, and caregivers during pregnancy, birth and the baby's first year.

**Get the app**



While you are waiting for your baby to arrive, you are welcome to visit any of our baby feeding, developing baby and Thriving child groups. Find out more at our [website](#) or [What's on pages](#)

# Groups and support with your new baby

- ✔ A weekly drop-in **Baby Feeding Group** for families to connect, get feeding support, starting solids and more. No booking needed, just drop in. Visit [www.https://torbayfamilyhub.org.uk/topic/baby-feeding-group/](https://torbayfamilyhub.org.uk/topic/baby-feeding-group/) for details.
- ✔ **My developing baby**, a weekly group for parents with their babies to attend and is based on offering specific advice and guidance.
- ✔ Torbay Family Hubs are able to support breastfeeding by providing **breast pumps for hire**.
- ✔ **Healthy Start Vitamins** are available from any of our Family Hubs for free. Vitamin D is recommended for breastfed babies (formula milk has added vitamins)
- ✔ Find out about all **our services and support for infant feeding** and **perinatal mental** here on our website. [www.torbayfamilyhub.org.uk/topic/our-services/](http://www.torbayfamilyhub.org.uk/topic/our-services/)
- ✔ **Well baby clinic** , If you have any questions or concerns about your babies health, come along to one of these groups.



# Infant Feeding

## Infant Feeding Clinics:

**Specialist 1:1** support with lactation consultant trained health visitors. To book call 0300 333 5352 (Mon-Fri 9-5pm)

**Wednesday** 9.30-11.30 The Beehive, Paignton  
13.30 - 15.30 The Barn, Brixham, T



**Thursday** 9.30 - 14.30, St.Edmunds, Torquay, TQ1 3QH

## Drop-in baby feeding group:

**Monday** 12.30-14.00hrs: St Edmunds, Torquay, TQ1 3QH

**Wednesday** 10.30-12.00 The Beehive, Paignton TQ3 3DZ

**Trained breastfeeding peer supporters** with lived experience in family hub and community groups.

**National Breastfeeding Helpline**, call 0300 100 0212

Scan here



**Information, advice and support**, scan to visit [www.torbayfamilyhubs.org.uk](http://www.torbayfamilyhubs.org.uk)



**Find breastfeeding friendly venues.** Scan and visit The Breastfeeding Network



## Quick survey

**Tell us about your experience of our Infant Feeding Services and support.**

# No rush to mush

**Introducing your baby to solid foods should start around six months of age (26 weeks). Up until this time, milk provides all the nutrients they need.**

There are 3 clear signs, which, when they appear together from around 6 months of age, show that your baby is ready for their first solid foods, alongside breastmilk or first infant formula.

## Can your baby ...



... stay in a sitting position and hold their head steady.



... co-ordinate their eyes, hands and mouth so they can look at their food, pick it up and put it in their mouth.



... swallow food rather than pushing most of it back out with their tongue.

For more information visit [torbayfamilyhub.org.uk](https://torbayfamilyhub.org.uk) or [nhs.uk/start-for-life/baby/weaning/](https://nhs.uk/start-for-life/baby/weaning/)

**First Steps nutrition** visit <https://www.firststepsnutrition.org/eating-well-infants-new-mums>



# Dental health

You're entitled to free NHS dental treatment if you're pregnant when you start your treatment and for 12 months after your baby is born.

To get free NHS dental treatment, you must have a valid maternity exemption certificate (MatEx) issued by your midwife or GP.

<https://www.nhs.uk/pregnancy/finding-out/health-things-you-should-know-in-pregnancy/>

Or scan here



## Access to dentistry

- ✔ Parents/carers should be advised to take their children to visit the dentist for preventive advice as soon as they are born.
- ✔ For enquires to register with a NHS dentist please email [England.contactus@nhs.net](mailto:England.contactus@nhs.net)
- ✔ For dental pain if unregistered Monday-Friday - phone **01803 217777**
- ✔ Urgent dental care Out of Hours - **111 - press Option 2 for Dental line**

For more information about teeth visit <https://bigbrushclub.co.uk/>

Or scan here

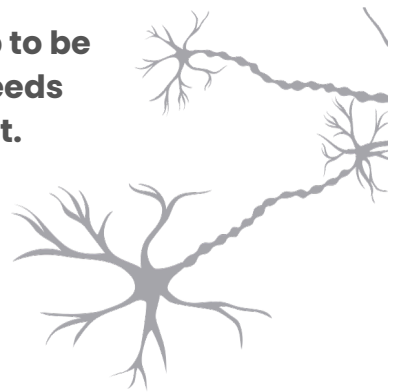


# Your baby's brain

Love and nurture build your baby's brain. During pregnancy when you and your partner talk, read, stroke your bump or play music to your baby you are helping their brain development.

## You cannot spoil your baby! They say ...

- ✓ I will recognise your voice from birth.
- ✓ When you respond to my cues for feeding and comfort it helps me feel safe and secure which means I will cry less.
- ✓ Feeding me is a special time to show me your love and care as you interact with me.
- ✓ I learn best by looking at your face. Talking, listening and smiling triggers oxytocin and helps my brain to grow.
- ✓ I will be calmer and grow up to be more confident when my needs for love and comfort are met.





# Helpful links

All apps in this document have been approved by the NHS. <https://devon.orchahealth.com/en-GB>

## ICON Cope



ICON is all about helping people who care for babies to cope with crying. When babies cry it can be stressful and overwhelming. Help is out there and all you need to do is ask.

<https://iconcope.org/>

Or scan here



### **Infant crying is normal and it will stop.**

- Babies start to cry more frequently from around 2 weeks of age. The crying may get more frequent and last longer. After 8 weeks of age babies start to cry less each week.

### **Comfort methods can sometimes soothe the baby and the crying will stop.**

- Think are they: hungry, tired, or in need of a nappy change? Try simple calming techniques such as singing to the baby or going for a walk.

**It's OK to walk away** if you have checked the baby is safe and the crying is getting to you. After a few minutes when you are feeling calm, go back and check on the baby.

### **Never, ever shake or hurt a baby.**

- It can cause lasting brain damage or death. If you are worried that your baby is unwell contact your GP or call NHS 111.

## Safe sleep

The Lullaby Trust wants to stop all unexpected deaths of babies and young children and has helpful resources about safe sleep available.

<https://www.lullabytrust.org.uk/>

Or scan here



There are lots of free leaflets parents and carers can download from the Lullaby Trust website

<https://www.lullabytrust.org.uk/professionals/publications/>

- Safer Sleep from Day One: Safer Sleep for Expectant Parents
- Safer Sleep for babies: a Guide for Parents and Carers
- Safer Sleep for Babies quick reference card
- Safer sleep product guide
- Safer Sleep in Winter
- Easy read guide, advice for reducing the risk of sudden infant death.
- Safer Sleep Advice for Premature Babies booklet



# Safer sleep reduces the risk of SIDS

Information on this page has been copied from The Lullaby Trust

Following safer sleep advice can significantly reduce the chances of sudden infant death syndrome (sometimes called SIDS or cot death) occurring. Follow this advice until your child is 12 months old (adjusted for premature babies).

## Key Safer Sleep Advice



Lie your baby on their back



Keep the sleep space clear



Use a firm, waterproof mattress



Keep your baby smoke free



Avoid your baby overheating



Sleep your baby in the same room as you for a least the first six months



For more information and advice from The Lullaby Trust go to [www.lullabytrust.org.uk/safer-sleep-advice](http://www.lullabytrust.org.uk/safer-sleep-advice)

## HANDI app



The app has been developed by paediatric consultants and covers conditions such as:

- Diarrhoea and vomiting
- 'Chesty baby' illnesses, such as bronchiolitis, asthma and croup
- 'Chesty child' illnesses, such as wheezing and asthma
- High temperature
- Abdominal pain
- Common new-born problems

## Get the app



# Spotting sepsis in children

Information from The Royal Collage of Paediatrics and Child Health

## What is Sepsis?

Sepsis is a rare but serious reaction to an infection. If you get an infection, your body's immune system responds by trying to fight it. Sepsis is when this immune system response becomes overactive and starts to cause damage to the body itself. It can be hard to tell if you have sepsis. Your child might have a fever or high temperature or just feel very unwell. Sepsis needs to be treated urgently because it can quickly get worse and lead to septic shock (low blood pressure and or fast heart rate)

## Who is more at risk of sepsis?

### Children who have:

- not been immunised
- recently had surgery, trauma or minor procedures
- weak immune systems due to illness or drugs (like chemotherapy)
- recently had a serious illness (including chicken pox)
- chronic diseases (children with cerebral palsy, or cystic fibrosis)

### Babies:

- born prematurely
- younger than 1 year
- whose mother had an infection while pregnant.

## When should I worry?



### RED

#### If your child has any of the following:

- Is under 3 months old with temperature more than 38°C or under 36°C (unless fever in the 48 hours following vaccinations and no other red features)
- Breathing very fast, too breathless to talk, eat or drink
- Working hard to breathe, drawing in of the muscles below the ribs, or noisy breathing (grunting)
- Breathing that stops or pauses
- Is pale, blue, mottled or feels unusually cold to touch
- Difficult to wake up, very sleepy or confused
- Weak, high-pitched cry or can't be settled
- Has a fit (seizure)
- Has a rash that does not go away with pressure (the 'Glass Test')

#### You need urgent help.

Go to the nearest **Hospital Emergency (A&E) Department** or phone 999



### AMBER

#### If your child has any of the following:

- Is 3-6 months old with temperature 39°C or above (unless fever in the 48 hours following vaccinations and no other red or amber features)
- Temperature of 38°C or above for more than 5 days or shivering with fever (rigors)
- Temperature less than 36°C in those over 3 months
- Breathing a bit faster than normal or working a bit harder to breathe
- Dry skin, lips or tongue
- Not had a wee or wet nappy in last 8 hours
- Poor feeding in babies (less than half of their usual amount)
- Irritable (Unable to settle them with toys, TV, food or hugs even after their fever has come down)
- Swelling of a limb or joint
- Not using or putting weight on an arm, leg, hand or foot
- Complaining of severe pain that is not improving with painkillers
- Has had chickenpox in the past few days and is now getting worse with a high fever or spreading red rash
- Getting worse and I am still worried

#### You need to contact a doctor or nurse today.

Please ring your GP surgery or call NHS 111 – dial 111

If symptoms persist for 4 hours or more and you have not been able to speak to either a member of staff from your GP practice or to NHS 111 staff, recheck that your child has not developed any red features.



**GREEN**

#### **If your child has any of the following:**

- If none of the above features are present
- Watch them closely for any change and look out for any red or amber symptoms
- If your child has any other symptoms associated with their fever, you may want to look at the information on [sore throat, cough, earache, diarrhoea and vomiting](#) or [tummy ache](#) or [our other pathways](#).
- Additional advice is also available to young families for coping with crying of well babies – click [here](#).
- If your child has a long term condition or disability and you are worried please contact your regular team or follow any plans that they have given you.

#### **Self care**

Continue providing your child's care at home. If you are still concerned about your child, speak to your [health visitor](#), [local pharmacist](#) or call NHS 111-dial 111

Children and young people who are unwell and have a high temperature should stay at home. They can go back to school, college or childcare when they no longer have a high temperature, and they are well enough to attend.

## **More information, advice and support from The Sepsis Trust website**

**Or scan here**



"It was just something in my gut that told me something's wrong here, we need to take him to A&E." – Hannah Charman, Ash's Mum



**READ ASH'S STORY**

## **CHILDREN UNDER 5**

A child under 5 may have sepsis if they:

- Are not feeding
- Are vomiting repeatedly
- Have not passed urine for 12 hours

Call 111 or contact your GP if you are worried about an infection.

Call 999 or visit A&E if a child under 5 has one of the sepsis symptoms and Just Ask: Could it be Sepsis?

## Baby and child first aid



The British Red Cross free baby and child first aid app helps you keep your little ones safe. The app provides child and baby first aid advice and is designed to support parents, grandparents, and caregivers to learn 17 first aid skills to help in a first aid emergency. You can also find tips on how to prepare for emergencies both at home and while out and about.



**Get the app**





# Immunisations

We know your child’s health is your top priority and so protecting them from serious disease is incredibly important. That is why the NHS offers a free childhood vaccine programme, safeguarding your child from certain illness.

<https://www.nhs.uk/vaccinations/nhs-vaccinations-and-when-to-have-them/>



Or scan here



# BCG Vaccination

The BCG vaccine helps protect you against an infection called tuberculosis (TB). It’s mainly given to babies and young children who are at high risk of getting TB, but is especially important for anyone arriving in the UK from certain countries.

<https://www.nhs.uk/vaccinations/bcg-vaccine-for-tuberculosis-tb/>

Or scan here



## Supporting perinatal parent and infant mental health and wellbeing in Torbay

Or scan here

Use the following link to find out more.

<https://torbayfamilyhub.org.uk/perinatal-mental-health/>



## Supporting parent and infant relationships

Or scan here

Use the following link to find out more about supporting parent infant relationships.

<https://torbayfamilyhub.org.uk/parent-infant-relationship/>



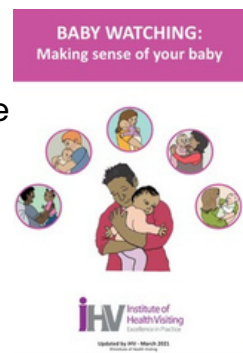
## Baby cues

Getting to know your baby and learning their cues can make a real difference.

Access the baby watching, making sense of your baby free download.

<https://ihv.org.uk/families/getting-to-know-your-baby/>

Or scan here



# Tommy's Wellbeing plan

The Wellbeing Plan is a 2-page plan, endorsed by NICE, that helps you start thinking about how you feel emotionally and what support you might need in your pregnancy and after the birth.

## Download it here

<https://www.tommys.org/sites/default/files/2024-08/Wellbeing%20plan%202024.pdf>

### My pregnancy & post-birth wellbeing plan

It's really important to think about your emotional health and wellbeing, and to look after your mental health during pregnancy and after birth.

#### Using this plan

This plan can help you think about how you are feeling and who can support you. You may want to talk it through with someone you trust and show it to your midwife, doctor or health visitor.

Getting help early can often stop things getting worse.

Be kind to yourself - you do not have to do anything perfectly and some things might not feel possible right now.

#### I want to talk about/I am worried about:

\_\_\_\_\_

\_\_\_\_\_

#### Who can support me?

Think about who could give you more support. Record useful contacts here.

Midwife:	Someone I trust:
GP (doctor):	Health visitor:
Feeding support:	Counsellor/therapist:
Consultant:	Tommy's Midwives 0800 014 7800 (Mon - Fri, 9am - 5pm), or email us at <a href="mailto:midwife@tommys.org">midwife@tommys.org</a>
Local baby groups:	Further support
Time: _____	 <p>tommys.org/wellbeing</p>
Place: _____	

#### Looking after myself

**I will try to...**

- be active in some way - even a gentle walk
- have a shower and brush my teeth each day
- eat some nutritious food each day
- do some yoga, meditation or mindfulness using a class, app or video
- listen to music or podcasts I like
- talk to someone I trust - a parent, partner, sibling or friend
- make some time for myself to do something I enjoy
- keep a diary or journal (on paper or in my phone)
- spend time with people who care about me
- make a messaging/WhatsApp group of people who will be there when I need them.

#### Antenatal classes or pregnancy classes

are a good way to learn about labour, birth and looking after a baby. They can help you meet other local parents who are having a baby around the same time.

Ask your midwife about free classes near you. Your work should give you time off to attend.





The pregnancy and baby charity  
Supports a pregnant family, 24/7/365

## Or scan here



### How are you feeling?

Changes to your hormones, sleep and routines can affect your mental health. Things that have happened to you (for example loss or trauma) can change how you feel and react to what is happening now.

Sometimes there is no clear reason why things feel hard.

**Use this list to help you think and talk about your feelings and experiences with people who can support you. You can also use the emojis at the top of this page.**

**I feel...**

- worried/anxious/stressed
- sad/low/tearful
- irritable/angry
- overwhelmed/as if I can't cope/desperate
- uninterested in usual things
- paranoid
- confused
- as if I can't control my thoughts (racing thoughts)
- as if I have loads of energy and don't need to sleep
- scared to ask for help
- as if things from the past are happening now (flashbacks)
- as if I need to keep to strict rituals.

Created with support from:



**I am...**

- finding it hard to connect with my baby
- finding it hard to concentrate
- having difficulty sleeping or sleeping a lot
- having nightmares
- not eating enough or binge eating
- using drugs or alcohol to help me cope
- having upsetting thoughts or images
- having suicidal thoughts or thoughts about harming myself.

#### Help in a crisis

If you are having suicidal thoughts or thoughts about harming yourself or others, call 999 or go to A&E.

If you need to talk to someone right now, call **Samaritans** on 116 123 or text **SHOUT** to 83258.

#### Postpartum psychosis (PP)

PP is a medical emergency. If you (or a new parent you know) has any of the following, get help straight away.

- Delusions - strong beliefs others don't share.
- Hallucinations - seeing and/or hearing things others don't.
- Racing thoughts and extreme energy.
- Feeling very confused.

You can speak to your GP or health visitor, call 999 or go to A&E.

### Preparing for birth and afterwards

**I will try to:**

- ask for help with sleep, feeding, childcare and other household jobs
- learn about my options for birth and make a birth plan and/or an emotional safety plan
- make life easier after birth (e.g. by freezing lots of meals now)
- find out more about money and benefits
- find out about local activities and baby groups
- write down useful numbers now - or ask someone else to
- think about how I feel and act when I'm not coping, make a note of these below, and share this with someone I trust.

#### How I feel and act when I am not coping:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Dad focus

There are lots of dedicated websites for supporting dads, including:

- [The DadPad](#)
- [Dads in mind](#)
- [Dad.info](#)
- [Thedadsnet.com](#)
- [Fatherhoodinstitute.org](#)
- [Dadshouse.org.uk](#)
- [Families need fathers](#)
- [Panda's support for dads](#)

**Download the Torbay DadPad App today.**



New dads will feel excited, but may also feel left out, unsure and overwhelmed.

## **The DadPad® can help.**

Developed with the NHS, the DadPad® gives new dads and dads-to-be the knowledge and practical skills needed to support themselves and their partner, so that babies get the best possible start in life.



[Visit our family hub site for links to more sites.](#)

## A better life (ABL)

Your Health Torbay is committed to improving the health and wellbeing of Torbay residents, including support to stop smoking, weight management and health coaching.

<https://yourhealthtorbay.co.uk/welcome/>



Or scan here

## Healthy Start

If you're more than 10 weeks pregnant or have a child under 4, you may be entitled to get help to buy healthy food and milk. If you're eligible, you'll be sent a Healthy Start card with money on it that you can use in some UK shops. Your benefit will be added onto this card every 4 weeks.

<https://www.healthystart.nhs.uk/>



Or scan here



# Solihull courses

UNDERSTANDING YOUR CHILD



SOLI HULL A P P R O A C H

## Fully funded courses for parents, carers and young people

Solihull Approach online courses are **free for all Torbay residents** to gain knowledge, confidence and skills to support their parenting.

The courses work on laptops, PCs, smart phones and tablets.

Our online courses cover from conception up to 19+ years, have the same content as a face-to-face parenting group and are available in multiple languages.

Find out more here

**[www.inourplace.heiapply.com/  
online-learning/courses](http://www.inourplace.heiapply.com/online-learning/courses)** or  
scan the QR code



Just enter **TAMAR** as your access code and all courses are fully funded, so free for you

# You can access any or all of these Solihull courses at any time in any place!

## Antenatal

- Understanding pregnancy, labour, birth and your baby
- Understanding pregnancy, labour, birth and your baby: for women couples

## Baby

- Understanding your baby
- Understanding your preterm or sick baby in hospital
- Understanding your preterm or sick baby now you're home

## Child

- Understanding your child from toddler to teenager
- Understanding your child with additional needs
- Understanding the impact of the pandemic on your child
- Understanding your child's feelings (a taster course)
- Understanding your child's mental health and wellbeing
- Moving up to primary school
- Moving up to secondary school for children with additional needs
- Moving up to secondary school

## Teenager

- Understanding your brain (for teenagers only!)
- Understanding your feelings (for teenagers only!)

## Parent/Carer

- Understanding your relationships
- Understanding your teenager's brain
- Understanding your teenager's mental health and wellbeing
- Understanding the impact of the pandemic on your teenager

# Your experience

Your feedback is important - it helps us to review and improve the services we provide as Torbay and South Devon NHS Foundation Trust.

**Scan the QR code to complete the NHS Friends and Family feedback**



## Contact us:

✉ [publichealthnursing.torbay@nhs.net](mailto:publichealthnursing.torbay@nhs.net)

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

☎ 0300 333 5352

Follow us: [0to19torbay](#)



**0 to 19**  
**TORBAY**  
*for you*



**NHS**  
Torbay and South Devon  
NHS Foundation Trust

The  
Children's  
Society

**TORBAY**  
COUNCIL

0 to 19 Torbay supports the health, development and wellbeing of children, young people and families in Torbay