BEST START FAMILY HUBS BIRMINGHAM

GIVING BABIES AND CHILDREN THE 'BEST START IN LIFE'

Birmingham's Best Start Family Hubs are here to give every baby and child the best possible start. Birmingham's 15 Best Start Family Hubs provide one-stop access to support, advice and services for families from pregnancy to age 19, or 25 with SEND.

WHAT SUPPORT IS AVAILABLE?

'One stop shop' support for families including these four funded strands:

HOME LEARNING ENVIRONMENT

Tools, activities, and advice to help your child learn through everyday activities from birth to age 4.

PARENTING SUPPORT

Help for physical, emotional, or behavioural concerns, and resources to help you feel confident as a parent or carer

PERINATAL MENTAL HEALTH

Support for new parents emotional wellbeing, including dads and partners, helping families adjust to life with a new baby.

INFANT FEEDING

Support to help you feed your baby, establish routines, and build a close, nurturing relationship.

BIRMINGHAM BEST START FAMILY HUBS RESOURCES

Help, advice and support for family life, finances, housing and more is available through your local Best Start Family Hub and online. Contact your local hub or see the reverse of this flyer for details of our apps

FOR MORE INFORMATION OR ANY QUESTIONS EMAIL:

Familyhubs@birmingham.gov.uk

Birmingham.gov.uk/familyhubs

FIND YOUR LOCAL HUB

PARENTING GROUPS & COURSES

BIRMINGHAM FAMILIES: BUILD EVERYDAY EMOTIONAL RESILIENCE!

Big feelings, how the brain works, and relationship ideas for happier lives.

Families can access a range of parenting groups and workshops throughout Birmingham Best Start Family Hubs and community venues. Sessions are available in hubs, community venues and online, making it easier for parents and carers to join in a way that suits them.

OUR OFFER INCLUDES :

EMPOWERING PARENTS, EMPOWERING COMMUNITIES (EPEC)

Offers behaviour support and practical parenting strategies to help families understand and meet their child's needs while promoting positive wellbeing.

APPROACHABLE PARENTING

Build confidence, understand your child's needs and tackle everyday challenges with psychology-informed guidance and insights from the Islamic faith. Open to all parents.

TOGETHERNESS

Supporting the bond between parent-child, understanding importance of behaviour and emotions through positive communication. Promoting confidence, reflection and resilience.

FIND OUT WHAT GROUPS ARE COMING UP

In addition to locally organised groups we have an online Togetherness offer that is always there - any day, any time - for people to access.

Scan the QR code for free online learning. Pathways available for parents, carers, grandparents and teens

FREE Access Code: COMMUNITY

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Birmingham.gov.uk/familyhubs

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OUR APPS & DIGITAL SERVICES

Support for families, all in one place

BIRMINGHAM FAMILY HUBS APP

The Birmingham Family Hubs app helps families find trusted advice, local support and activities across Birmingham - all in one place.

IOS ANDROID

EASYPEASY APP

EasyPeasy helps parents support their child's learning and development with simple, fun activities. Free and easy to use.

SIGN UP & DOWNLOAD

FIVE THINGS TO DO BEFORE 5

50 Things to Do Before You're Five shares 50 fun, low-cost activities to enjoy with under-fives, supporting play and exploration.

SIGN UP & DOWNLOAD

THE DADPAD

The DadPad is a free app offering practical advice and reassurance for dads, from pregnancy through the early months of parenthood.

IOS ANDROID

FamilyHubs BIRMINGHAM

BEST START IN LIFE

Birmingham City Council