

SANDWELL'S **FAMILY HUBS** START FOR LIFE OFFER | FOURTH EDITION

Ready**Steady** Baby

Your baby's
development

Keeping your
baby safe

The importance
of bonding with
your baby

Wellbeing
support
for parents



Sandwell

Family

Helping Families Thrive



Your baby's first year

Welcoming a new baby into your family is an exciting time but can also feel overwhelming. You're not alone on this journey. There's lots of support and free sessions available in Sandwell for you and your baby.



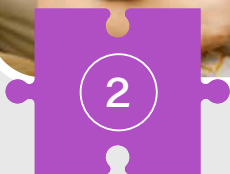
Health Visiting

Your local Health Visiting team are here to help you. You can attend free baby clinics and also collect your free healthy start vitamins.



Feeding

Need support with feeding your baby? Whether you choose breastfeeding or bottle-feeding, your midwife or BfN can help. You can also borrow breast pumps from local family hubs.



6-8 Week Check

You should have your postnatal check at 6 - 8 weeks after birth. Your GP will check that you are feeling well and recovering properly. Your baby will also have a check around this time.

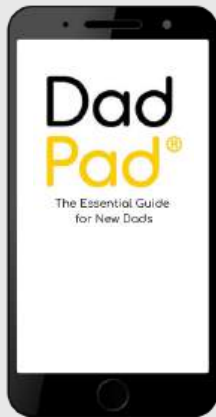


Collect your **FREE** Ready Steady Baby Magazine

From your health visitor.

Sign up here...

To receive information on **FREE** sessions available across Sandwell



Sandwell has their very own Dad's app to support new dads.

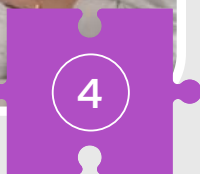
Check out our website for more details.



Discover ways to bond with your newborn and support their early development at BBC's Tiny Happy People.

Immunisations

Protect your little one by booking their vaccinations when you receive the notification from your GP.

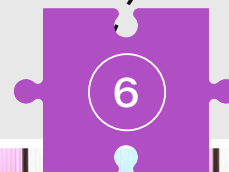


Wellbeing Activities

Discover fun sessions, bond with your baby and meet other new parents/carers.

Programmes for parents/carers

Babies don't come with a handbook and we all need some extra support from time to time. Share your journey with other parents/carers.





NHS

FREE

Healthy Start Vitamins!

Contact your Health Visitor to receive your free vitamins and check your eligibility for the Healthy Start card, which provides valuable discounts on fruits, vegetables, and milk



For more information scan the QR code or visit www.healthystart.nhs.uk



@NHSHealthyStart



Hello...

and welcome to ReadySteadyBaby

Congratulations on the birth of your new baby! The first few months can be overwhelming, but don't worry - this magazine is here to help. We've packed it full of helpful information and advice to support you and your family over the next 12 months.

We've developed this guide with the help of our local **Health Visiting Team** and **Sandwell Family Hubs**. You can also find a Family Hub in Sandwell, with locations across the borough.

For more information on how Family Hubs can support you, visit www.sandwellfamilyhubs.com.

We hope this magazine helps you and your family thrive.

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This magazine has been put together by:



If you have any queries or want more information about anything in this publication please contact the Healthy Sandwell team by emailing lifestyle_services@sandwell.gov.uk



Who are health visitors?

Health visitors are specially trained nurses or midwives who support and educate families from pregnancy through to a child's fifth birthday.

You will receive 5 key visits from your health visitor or a member of the team at home or at your child health clinic, Family Hub, health centre or GP surgery.

These are:

- In pregnancy - after 28 weeks.
- 10 to 14 days after the birth of your baby
- When your baby is 6 to 8 weeks
- A review of your child's development at 9 to 12 months
- A review of your child's development at 2 to 2½ years



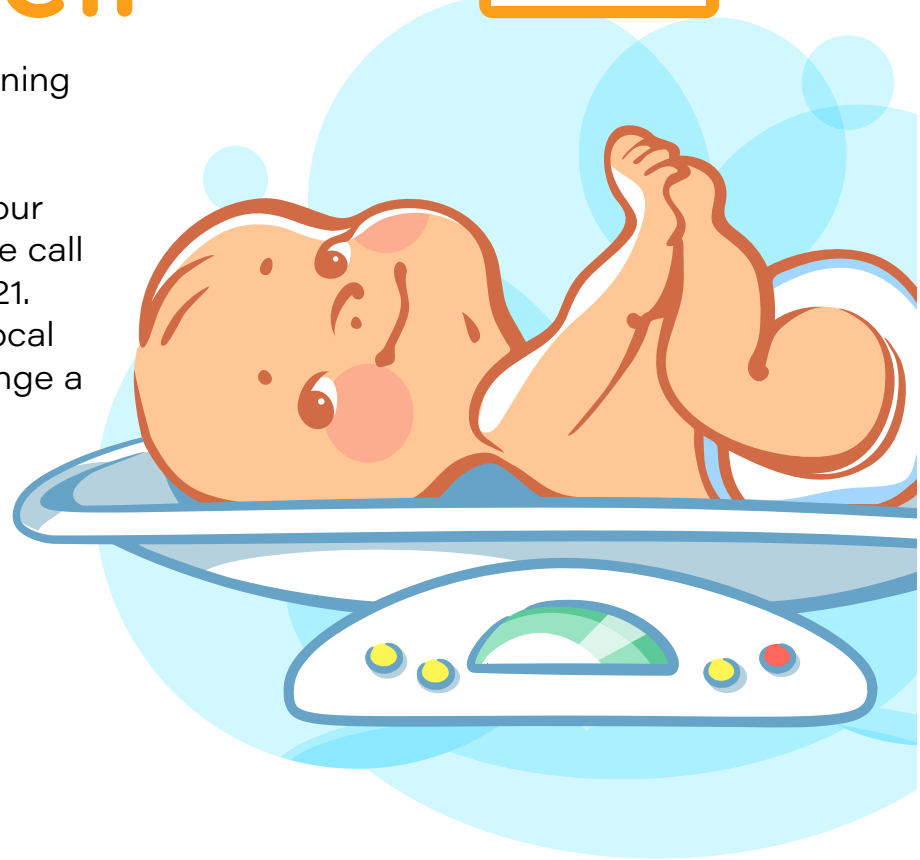
For more information about the service call the contact centre on **0121 612 5021**, go to www.swbh.nhs.uk/services/healthvisiting or scan the QR code.

Baby clinics in Sandwell

There are several baby clinics running across Sandwell.

If you have any concerns about your baby or your baby's weight, please call the contact centre on 0121 612 5021. You will then be referred to your local health visiting team who can arrange a suitable appointment.

Scan the QR code for more information.



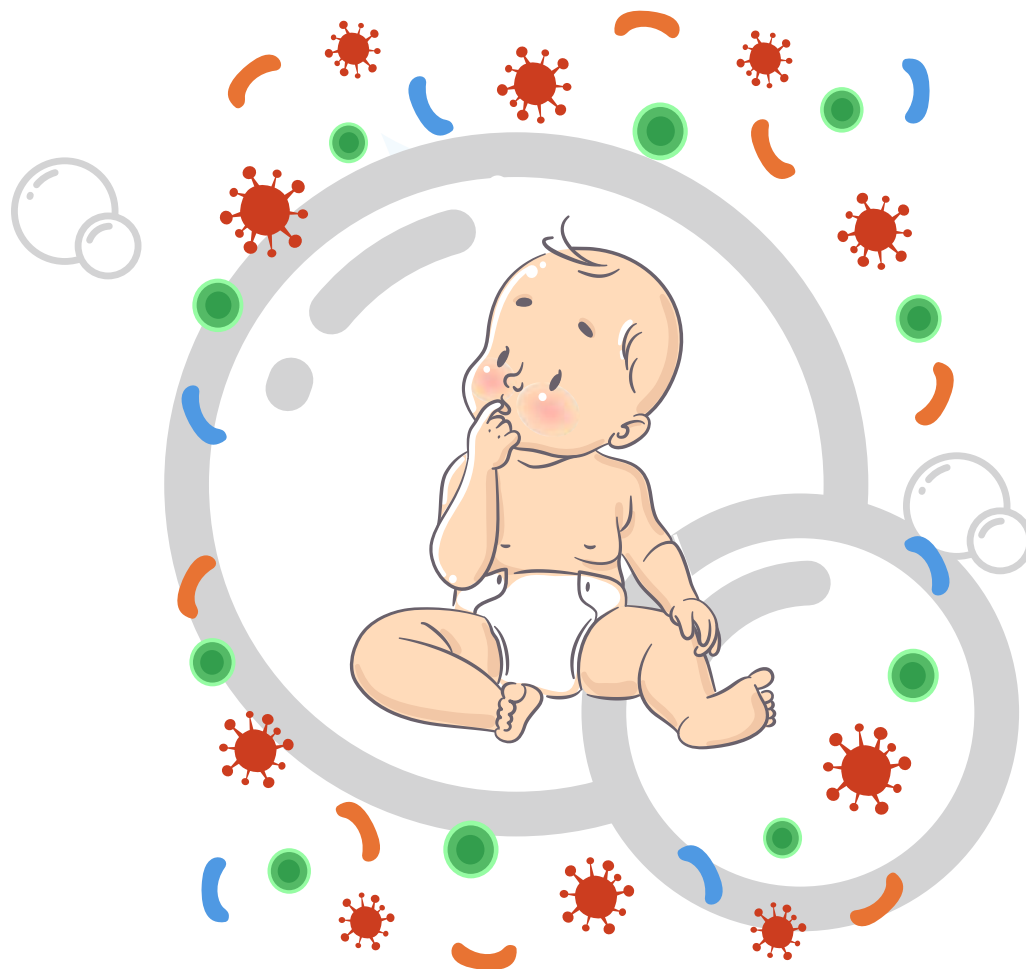
The **RED** Book

Each child is given a red book shortly after they are born, it makes sure that, wherever you are and whatever happens to your child, you will have a record of their health and progress which can be shared with health professionals.

When you have contact with a health professional, such as a health visitor, they will use the book.

Your Baby's Health

Summary of immunisations up to one year of age



Immunisation is a way of protecting against serious diseases. Once we've been immunised, our bodies are better able to fight these diseases if we come into contact with them.

Your baby must have their immunisations at the right age – the first ones are offered at 8 weeks old. They'll be offered further doses of these immunisations when they're 12 weeks and 16 weeks old.

If you have any questions or concerns speak to either your Health Visitor or GP. Or for additional information visit the Sandwell Family Hubs website.



Dealing with illness

Babies get sick, it's a fact of life.

Most illnesses are harmless and pass quickly but knowing when to seek medical attention can be tricky. Here's a quick guide to help during those moments.

Call 999 immediately if your child:

- Stops breathing. Every second counts!
- Struggles to breathe, gasping, or wheezing severely.
- Loses consciousness and can't be woken up.
- Has a seizure (fit) for the first time, even if they seem okay afterward
- Experiences uncontrollable shaking or twitching

However, if you're ever unsure always seek advice and support.

Your 6-week postnatal check

You should have your postnatal check about 6 weeks after your baby's birth with your GP to make sure you feel well and you are recovering properly.

They will ask you how you are feeling as part of a general discussion about your mental health and wellbeing, check with you with regards to contraception and may offer an examination if you had stitches following an episiotomy or caesarean section to see if they have healed.

If you were due a cervical screening test whilst you were pregnant, this should be rescheduled for you 12 weeks after the birth.

Getting to know your baby

Welcome to the world of parenthood! Each baby is different, so knowing how your baby communicates is important. Getting to know your baby also helps build a strong and caring bond. This can help them learn how to manage stress into adulthood.

Getting to know your baby, starts in pregnancy and continues at birth. Spending time with your baby doesn't just help you bond. It also helps your baby's brain to grow and develop.

Visit Sandwell Family Hubs website where we offer support and guidance. You can also use our session finder to see what support is available.

www.sandwellfamilyhubs.com

Talk/Read/Sing to your baby.

Your baby will recognise your voice from birth. Talking to them helps them learn how to communicate. Talk about what you're doing, and what you're seeing. You can also sing to your baby or read them stories.



Touch your baby.

Skin-to-skin contact is a great way to bond with your baby. It also helps them regulate their body temperature. You can also massage your baby's body, which can help them relax and feel calm. Cuddling and keeping them close means, they will cry less and it is good for their brain development



Pay attention to your baby's cues.

Newborns can't tell you what they need, so it's important to learn to read their cues. Some squirming. When your baby is crying, try to figure out what they need, such as a feeding, a nappy change, or a cuddle. Also, observe your baby's behaviour. Pay attention to how your baby reacts to light, sound, and touch. This will help you learn what your baby likes and dislikes.

Create a routine.

Newborns thrive on routine. Try to establish a regular feeding schedule and bedtime routine. This will help your baby feel more secure and comfortable.



Get help when you need it.

Don't be afraid to ask for help from your partner, family, or friends. Newborns can be a lot of work, and it's important to take care of yourself, too. Talking to other new parents can help you feel less alone and learn new tips and tricks for parenting.

Bonding

What is Parent & Infant Emotional Wellbeing (PIEW)?

Parent & Infant Emotional Wellbeing is about the special relationship between you and your baby. It's about feeling close, connected, and loved. These first 1001 days are a crucial time for building this strong foundation for your baby's emotional wellbeing.

Why it Matters?

- **Healthy Development:** it helps your baby's brain grow and develop in a healthy way. This supports their emotional, social, and cognitive development.
- **Stronger Relationships:** it creates a loving connection between you and your baby, which can lead to stronger relationships throughout life.
- **Increased Confidence:** When you feel connected to your baby, you feel more confident as a parent. This helps you respond to your baby's needs with love and care.

Encourage your baby to look into your eyes

Enjoy a cuddle and skin to skin contact with your baby

Smile and respond with affection – your baby will copy you

Sing and tell nursery rhymes

Look at pictures and read a book together

Use everyday events to talk to your baby about what you are doing

Don't be angry in front of your baby, babies can pick up when you are tense or anxious

Watch, wait and wonder

For more information visit www.sandwellfamilyhubs for more information or scan the QR code to read more on parent & infant emotional wellbeing.





Coping with crying

Did you know a baby crying can peak at around 6 hours between around the ages of about 6 - 8 weeks?

After checking if your baby is fed and changed and the crying doesn't stop, try:

- Cuddling (remember, picking up and cuddling a crying baby isn't spoiling)
- Gently rocking your baby in a cradle or pram
- Walking up and down with them in your arms or a sling
- Singing
- Playing music

However, if your baby is still crying, make sure that your baby has been put down somewhere safe, then take a short break. Once you have calmed your nerves, check on your baby.

If you have concerns about your baby's crying, contact your Health Visitor for more support.

For more information on coping with crying scan the QR code to visit the ICON website.



Free Breast Pump Loan

Supporting breastfeeding in Sandwell

There is a lot of evidence to show how beneficial it is to breastfeed your baby, especially in the early weeks.

We have lots of support in Sandwell to help you get off to a good start. Sandwell Family Hubs offer a free Breastfeeding Pump Loan Service to help you on your breastfeeding journey.

Using this equipment also allows both parents as well as any caregivers to support with your baby's feeding.

Who's eligible?

Any new parent living in Sandwell that wants to breastfeed.

How to apply:

You can pop along to your local Family Hub to arrange an appointment or email samina.saudagar@barnardos.org.uk for further information

Feeding my Baby

After having your baby, you make many new decisions, including whether to breastfeed, bottle feed, or combine both. There is lots of support available to help you and your baby's feeding journey.



Breastfeeding

Experts recommend breastfeeding for a number of reasons.

Benefits for your baby:

- Breast milk has the vitamins and minerals babies need to grow healthy and strong.
- Babies who are breastfed have a lower risk of obesity, allergies, Sudden Infant Death Syndrome (SIDS), diabetes, and leukaemia.
- Any amount of breastfeeding is helpful, but it's best for babies to have only breast milk for the first six months.

Benefits for the parent breastfeeding:

- Breastfeeding helps your uterus return to its normal size after pregnancy.
- Breastfeeding helps you bond with your baby.



Bottle Feeding

Choose any brand of first infant milk for the first year of life. It must have 'suitable from birth' on the tin. All infant formulas sold in the UK are regulated to meet the same high nutritional standards. So, no matter the brand or price, you can trust that your baby is getting the essential nutrients for healthy growth and development.

For more information

Additional information can be found on our Sandwell Family Hubs website.



Safer sleep for babies

To reduce the chance of sudden infant deaths (SIDS), families should follow this key advice for baby sleep. It is important that all parents and anyone involved in the care of a baby are also aware.

Put them on their **BACK** for every sleep

In a **CLEAR, FLAT, SEPARATE SLEEP SPACE**

Keep them **SMOKE FREE** day and night

Babies need a **SOBER CARER** to respond to their needs

Always place your baby on their back for sleep

- Put your baby down on their back – not their front or side – for every sleep
- No special equipment or products are needed to keep them on their back
- Once they start to roll from front to back by themselves, you can leave them to find their own position for sleep
- Tummy time while awake can help to strengthen the muscles they need for rolling



Never sleep with your baby on a sofa or armchair

Sofas and armchairs are dangerous places to fall asleep with your baby move somewhere safer if you might fall asleep.

Reason:

The risk of SIDS is 50 times higher for babies when they sleep on a sofa or armchair with an adult. They are also at risk of accidental death as they can easily slip into a position where they are trapped and can't breathe



Think Ahead

Babies need a sober carer to be able to respond to their needs. Sometimes alcohol and drugs like cannabis and even some medicines make this harder for carers to do. Planning ahead to have another adult like a close family member or a partner around to take care of the baby can be a good idea for those times. It's also really important to plan for babies to sleep in their own safe, clear, flat, separate sleep space such as a cot or Moses basket if their carer has had any alcohol or drugs, or if they smoke.

If you have a question ask your midwife or health visitor or contact The Lullaby Trust or Basis.

www.lullabytrust.org.uk



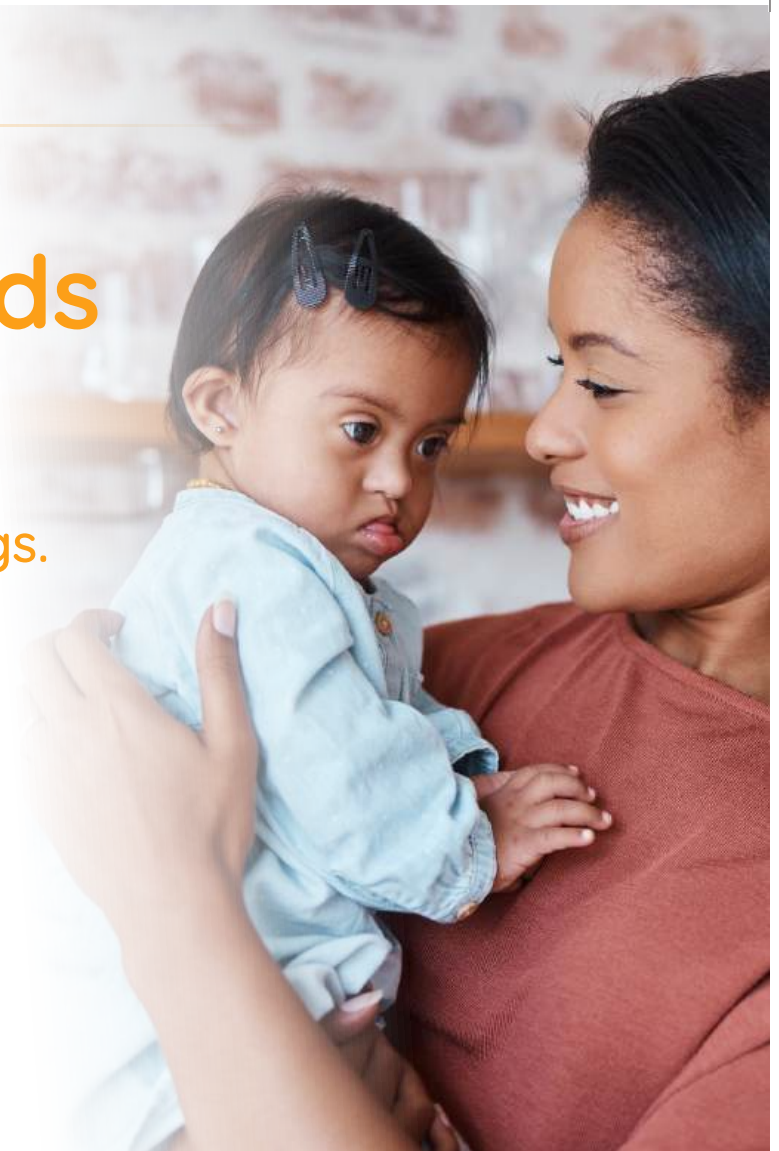
Babies with additional needs

If your baby has additional needs, you will be coping with a lot of different feelings.

You will also need to cope with the feelings of others - your partner, relations and friends - as they come to terms with the fact that your baby has additional needs.

More than anything else at this time, you will need to talk to people about how you feel as well as about your baby's health and future. Your own GP, paediatrician at your hospital or your Health Visitor can help you.

You can also contact Inclusion Support Early Years on 0121 569 2860/2859 for further information and advice.



Twins, Triplets or MORE!!

Parents with one child often think that caring for twins is pretty much the same thing, just doubled! If you have twins (or triplets or more), you will know differently.

There is a lot more work involved, and you may need to find some different ways of doing things. You might find it useful to talk to other parents with more than one baby.

The Twins and Multiple Births Association (Tamba) can provide information about local twins clubs www.tamba.org.uk for further support.



Tummy Time

Tummy time is when a baby is on their stomach while awake, and someone is watching them.

What are the benefits of tummy time?

Supervised tummy time is important because it helps to:

- Strengthen baby's neck, shoulder, and arm muscles so the baby can start to sit up, crawl, and walk on their own
- Improve baby's ability to move and control their muscles and motor skills.
- Stops flat spots on the back of the baby's head.

Tummy time tips

Most babies can start tummy time sessions a day or two after birth. Babies benefit from two or three short (3—to 5-minute) sessions daily. The NHS recommends that by about 2 months of age, babies get 15 to 30 minutes of total tummy time daily.

- The following ideas can help you and your baby enjoy tummy time
- Spread out a blanket on a clear area of the floor
- Place a rolled-up towel under the baby's arms to help prop them up slightly
- Try short sessions after a diaper change or nap

**Did you know we have lot's of free sessions?
Visit our website for more.**



What is weaning?

Introducing your baby to solid foods, also referred to as weaning or complementary feeding, starts when your baby is around 6 months old.

Your baby should be introduced to a varied diet, alongside their usual breast milk or first infant formula.

It can be confusing knowing when and how to start introducing solid foods. We're here to

guide you through the weaning journey and explain what it all means.

We've got expert NHS advice, helpful videos, tips from other parents, and lots of simple, healthy weaning recipe and meal ideas.

For free sessions on weaning visit www.sandwellfamilyhubs.com or scan the QR code. For more information and advice visit Start for Life for NHS advice: www.nhs.uk/start-for-life/baby/weaning



Eating as a family

Have your baby eating with the family as early as possible. Sitting your baby in a high chair at the table means that you can smile and talk to them whilst they eat, this will help them to feel included!

Babies and young children are especially vulnerable to the bacteria that can cause food poisoning. Following a few simple tips will help to protect them from germs.

- Always wash your hands and keep surfaces clean before preparing food. Clean your child's hands before feeding.
- Keep chopping boards and utensils thoroughly clean.
- Keep cooked and raw meats covered and away from each other and from other foods in the fridge.
- Cook all food thoroughly and cool it to a lukewarm temperature before giving it to your baby.
- When reheating food, make sure it's piping hot all the way through and then let it cool down before giving it to your child.
- If you are using a microwave, always stir and check the temperature before feeding it to your child.
- Don't reheat cooked food more than once to prevent food poisoning.
- Don't save and reuse foods that your child has half eaten.



Teething

All babies are different when it comes to teething. Some babies are born with teeth, most will get their first teeth sometime during their first year.

Some baby's teeth sometimes emerge with no pain. Other babies may have a lot of discomfort.

You may notice:

- Their gum is sore and red
- They have a mild temperature of less than 38°C
- Red cheeks
- Rash on their face
- They're rubbing their ear
- Dribbling more than usual
- Gnawing and chewing on things a lot
- Not sleeping very well

Some people think that teething causes other symptoms, such as diarrhoea, but there's no evidence to support this. Due to increased saliva production some babies may experience looser stool.

Get medical advice if they have any symptoms that are causing you concern.

You can call NHS 111 or contact your Health Visitor or GP.



Brushing your baby's teeth

As soon as your baby's teeth start to come in, you can start brushing their teeth.

It is important to get your baby used to brushing twice a day. Helping build healthy brushing routines to last them a lifetime. All NHS dentists are FREE for children under the age of 18.

- Brush for 2 minutes last thing at night and one other time during the day
- Only use a smear of fluoride toothpaste for children aged 0-3 years
- Encourage 'spit don't rinse'
- Choose toothpaste that does not foam and with no flavours

Tooth decay can start very early in life. Take your baby to the dentist (even before their first teeth come through) and help them grow a healthy smile.

Find a local dentist by scanning the QR Code.



Helping your baby to learn to talk

As soon as your baby starts to gurgle at you, they are starting to talk to you. For most babies, the real talking will start around the age of one, when they will learn how to say something close to 'Mommy' or 'Daddy'. Before they get to that stage you can help them learn how to talk.



0 to 6 Months

- Your baby is a sponge, soaking up the world around them. Here's how you can help:
- Bond through touch and talk: Hold your baby close and chat about what you're doing. Their eyes will be drawn to your face, and they'll start to understand the rhythm of your voice.
- Sing, speak, and imitate: Singing lullabies and copying your baby's sounds helps them learn to listen, take turns, and communicate.
- Keep it playful: Use a sing-song voice to capture their attention and make learning fun.

6 to 12 Months

- Label the world: Point to objects and name them. This is the building block for their vocabulary. As they grow, add more details to your descriptions.
- Share Storytime: Look at books together and talk about the pictures. Reading aloud, even without words, sparks their imagination.
- Limit dummy use: Dummies can interfere with speech development. Aim to stop using them by their first birthday.
- Play interactive games: Peek-a-boo and other games teach essential skills like turn-taking and attention.

Bilingual children:

- Lots of children grow up in a family where more than one language is spoken. Speaking more than one language is an advantage to children in their learning, and knowing their home language will support the development of English. The important thing is to talk to your child in whichever language feels comfortable to you.



Libraries

Did you know you can sign your baby up for the library as soon as they are born? As well as being an excellent way to introduce books to your baby, your local library will host **FREE** activities and sessions throughout the year.

Scan to discover more
about your local libraries



prism.librarymanagementcloud.co.uk/sandwell/



Activities for babies

There are lots of FREE and fun activities for you and your baby to enjoy across Sandwell.

Family Hubs activities:

Baby Clubs:

A chance to meet other local parents alongside sensory play, craft making and special visitors.



Baby Massage:

Is a way to enjoy time with your baby and it can also help you bond with them.



Changes Activities:

Free activities for Sandwell families with children under 5 years old.



Join us for fun activities designed to help children grow and bond as a family. Whether your little one enjoys dancing, singing, or being creative, we have activities for everyone.

Find out what is available for you at www.sandwellfamilyhubs.com

The importance of play

Babies start playing from the moment they're born. Their first toy is their own body; they explore the world through their senses. As they grow, they discover objects and start to interact with them.

Playing is essential for a baby's development. It helps them learn about the world around them, develop their social skills, and express their creativity.

Here are some tips for playing with babies:

1

Talk to your baby, sing to them, and read to them. This will help them learn language and develop their communication skills.

2

Simple games like peek-a-boo and pat-a-cake are great for babies. You can also play with toys that make noise or light up.

3

Give your baby time to explore their surroundings. This will help them develop their senses and learn about the world around them.

Remember, every baby is different. What works for one baby may not work for another. The most important thing is to spend quality time with your baby and enjoy the experience.



Keeping your baby **SAFE!**

Despite your best efforts, childhood accidents can sometimes happen. Here are some tips to try and avoid them and to help keep your little one as safe as possible.



Falls

Babies soon learn to wriggle and kick, it's not long before they can roll over, meaning they can fall. Don't leave your baby unattended on a bed, sofa or changing table - even for a second - as they could roll off. Fit safety gates to stop them from climbing stairs and falling and remove cot toys and cot bumpers as a baby can use them to climb on and may fall.

Burns and scalds

A baby's skin is much thinner and will burn much more easily. Meaning to check the temperature of the bath.

Remember that babies will grab brightly coloured objects, like mugs.

Fit a fireguard to all fires and heaters, guards can prevent falling or reaching into fires. Keep hair straighteners away from children and place them in a safe place to cool down.



Nappy Sacks

Babies can suffocate on nappy sacks, making some simple changes can make a big difference to your baby's safety. Do not place nappy sacks within babies' reach. Do not place nappy sacks in a baby's cot, pram, or buggy.



Medicines & chemicals

Keep household cleaning products, washing tablets, liquid tabs and small batteries out of the sight of children, preferably in a high, lockable cupboard. Other items that should not be left lying around include e-cigarettes, liquid refills, plug-in air fresheners and sachets of air fresheners.



Choking or suffocating

Always cut up your baby's food, they can choke on something as small as a grape. Don't use pillows or duvets with babies under one as they can suffocate if their face gets covered, they will not be able to push the duvet away. Make sure cot toys have very short ribbons and remove them when your baby goes to sleep.

Tie up cords; don't place a child's cot, bed, highchair, near a window blind.

Car Seats

By law, under-fives must always ride in proper baby or child car seats when travelling by car – even on short journeys. Always use a baby or child car seat that is right for your child's height and weight and make sure the seat is fitted properly in the car. For long journeys with babies, it's crucial to take regular breaks to remove them from their car seats to stretch and move around.

Never leave your baby alone in the car. It can get very hot in summer. Also, they may play with window and door switches and the cigarette lighter. It's especially dangerous if you have left the keys in the ignition



Drowning

Babies can drown in as little as 5cm (2 inches) of water, stay with your baby all the time they are in the bath - never leave them even for a moment, even if there is an older brother or sister in the bath with them. If you use a bath seat, remember that it's not a safety device. You will still need to stay with your baby all the time.



For more information of keeping your baby safe, visit the Family Hubs website

Your Support Network

A strong support network makes a difference when facing the challenges of raising children.

Remember:

- Asking for help isn't a weakness
- Share your needs openly

Look beyond immediate circles. colleagues, online communities, and even your local Family Hub can be a fantastic source of support.

Types of support:

- **Emotional:** Regular calls with a friend or a family member can help.
- **Practical:** Ask a family member or friend to babysit for a couple of hours. Giving you some time to relax.
- **Social:** Joining a group with parent, there's lots of groups and activities on offer through your local Family Hub.



Need Advice?

Reach out to our various support networks within Sandwell Family Hubs. Family hubs offer support where parents and caregivers can connect with others with similar experiences.

What our support offers:

- Sharing knowledge and experiences
- Offering emotional and social support
- Providing practical help

This support can:

- Boost your confidence as a parent
- Connect you with other families facing similar challenges
- Help you access valuable resources

Community Partners

We partner with several fantastic community organisations to offer support groups, advice and services.

Contact Information



Please visit our website or contact your local family hub for more information and contact details.



www.sandwellfamilyhubs.com



How relationships change after having a baby

Having a baby is a major life event that can bring a lot of joy and happiness. However, it can also put a strain on relationships. This is because becoming a parent brings about a lot of changes, both physically and emotionally.

Some of the common changes that couples experience after having a baby include:

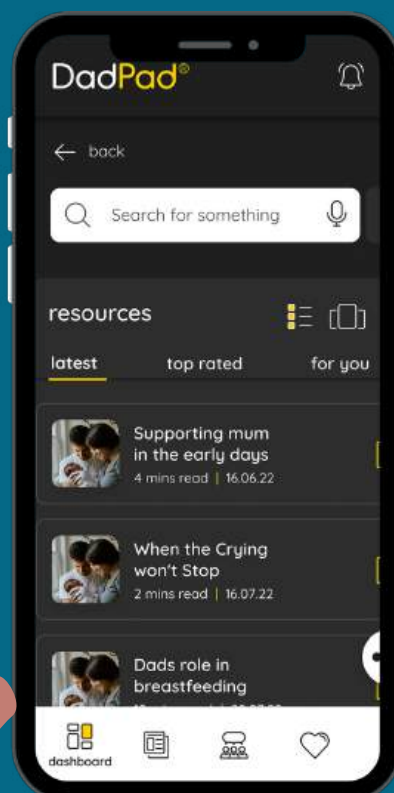
- Less time for each other. When you have a baby, your time is suddenly consumed by childcare. There's less time for date nights, spontaneous activities, or even just relaxing together.
- Increased stress levels. Caring for a newborn can be very stressful. Lack of sleep, financial worries, and the demands of parenting can all take a toll on your emotional well-being.
- Changes in physical appearance. After giving birth, many women's bodies go through changes. This can lead to feelings of insecurity and self-doubt. Men may also feel insecure about their changing roles as fathers.
- Different parenting styles. Couples may have different ideas about how to raise their children. This can lead to disagreements and conflict.



Here are a few tips:

- Share the load. Don't expect your partner to do everything. Share the responsibility of caring for the baby, from feeding and changing to bathing and putting to bed.
- Communicate openly and honestly with each other. Talk about your feelings, concerns, and needs. Don't bottle things up.
- Make time for each other, even if it's just for a few minutes each day. Go for a walk, have a cup of coffee together, or just cuddle on the couch.
- Be patient and understanding with each other. Remember that you're both going through a lot.
- Seek help if you need it. If you're struggling to cope, don't be afraid to talk to a therapist or counsellor.

Remember, having a baby doesn't mean the end of your relationship. With time, effort, and communication, you can emerge from this experience stronger than ever.



DadPad

The guide for dads, developed with the NHS. All Sandwell dads and male carers can download their on-demand parenting guide.

To find out more scan the QR code or visit <https://thedadpad.co.uk/app/>



DadPad[®]

HEALTHY SANDWELL

Are you looking to make a lifestyle change?

- | **Stopping smoking**
- | **Lead a more active lifestyle**
- | **Achieving a healthy weight**

Healthy Sandwell can help point you in the right direction!

Or simply take advantage of the NHS Health Checks we offer, we can help support you every step of the way to a fitter and healthier life.

To find out more, please...

call us on **0800 011 4656** or **0121 569 5100** text **GETHEALTHY** to **87007** email: **LS@nhs.net** or visit **www.healthysandwell.co.uk**



You smoke... they smoke



The best thing you can do for your health and your family's health is stop smoking. It's a worrying fact, but the children of smokers are three times as likely to grow up to be smokers themselves.

Giving up smoking is not always easy, you are up to four times more likely to stop smoking successfully with support.

Maintaining a healthy weight



Achieving and maintaining a healthy weight isn't always easy

Healthy Sandwell can offer a range of support to help you achieve your goals such as how to eat healthier, get more active, maintain a healthy weight and access current activities taking place across the borough.

Let's talk alcohol



Many people can enjoy drinking alcohol without any problems. Therefore, it's important we all understand how to drink safely and how to enjoy alcohol without putting our health at risk.

There's various support available for people living in Sandwell to help you understand safe drinking or access specialist services if you feel concerned.

Your sexual health



Whoever you are, it's good to look after your sexual health.

With support from Healthy Sandwell it's easy too. They offer a range of sexual health services to help you stay in control of your body and keep you feeling great, both at clinics across the borough and even from the comfort of your own home.

Healthy Sandwell can provide help and support on all above and also many other areas to help you achieve a healthier lifestyle. Why not give them a call?

Dads and male carers

Early years can be a lot of fun but also a challenge. Dad's and male carers play an important role in learning and growing during this time.

Children need to feel they are loved and secure. When this happens, children are more confident to explore, helping them to develop socially and emotionally. Creating a caring and supportive bond with your toddler will help them to grow into healthy and confident adults.

There's lots of support on offer for dad at your local Family Hub, why not check out the free activities on offer across Sandwell.



Exercise

after having a baby

Exercising after having a baby can be a great way to improve your physical and mental health.

Why should you exercise?

- Exercise can help to reduce stress and anxiety, both of which are common problems for new parents.
- Exercise can help to improve sleep quality, which is often disrupted during the postpartum period.
- Exercise can help to increase energy levels, which can help you to cope with the demands of caring for a newborn.
- Exercise can help to boost mood and improve your well-being.

How to get started:

It's important to ask your midwife, health visitor, or doctor for advice about getting active again. All births are different, there is not a one size fits all approach when it comes to exercising after having a baby. Your 6 or 8 week check is a good time to do this.

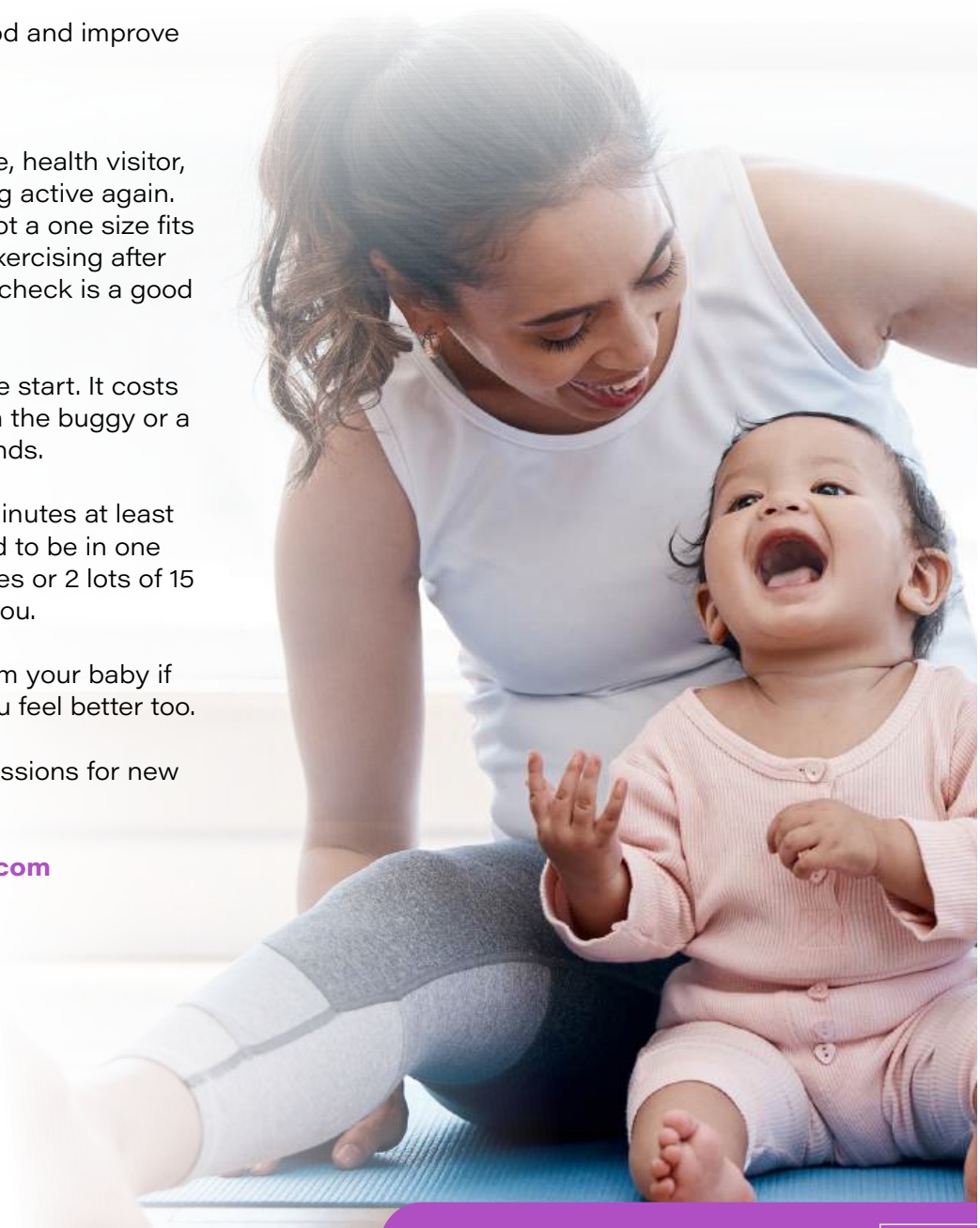
Going for a walk is the best place start. It costs nothing and you can do this with the buggy or a sling and even meet up with friends.

Gradually build up to doing 30 minutes at least 3- 5 days a week. It doesn't need to be in one go. You can do 3 lots of 10 minutes or 2 lots of 15 minutes if that works better for you.

A change of scene can often calm your baby if they're crying and it can help you feel better too.

Did you know Changes offers sessions for new parents?

Visit www.sandwellfamilyhub.com



Mindfulness Matters

Parenting is a wonderful but challenging experience. It can be a time of great joy, but it can also be a time of great stress and anxiety. It's important to remember that it's normal to feel a range of emotions during this time and that you're not alone.

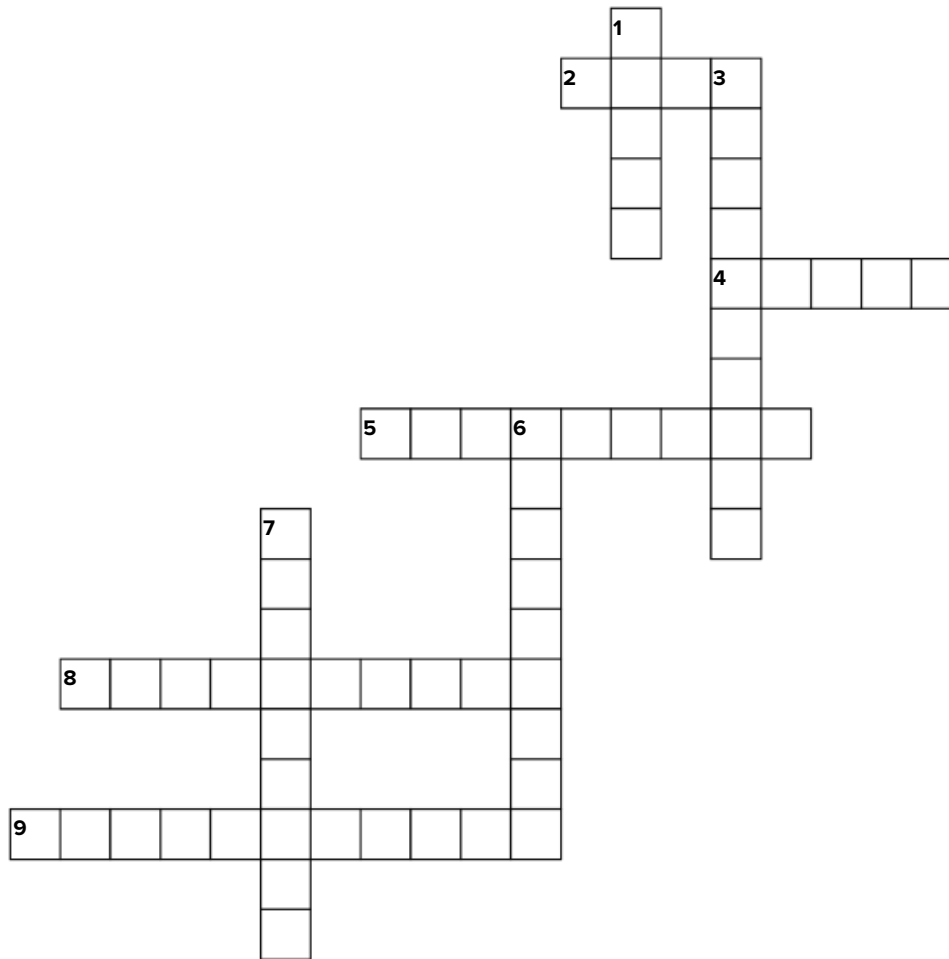
It's just as important to take care of your mental health as it is to look after your physical health. If your mental health is good, it means you can think, feel, and react in the ways you need to cope with day-to-day life.

Everyone feels stressed, or overwhelmed at times, but it's important to make sure that sometimes doesn't become all the time.

Here are some tips to help you look after your mental health and wellbeing:

- **Take care of yourself:** Make sure you're getting enough sleep, eating healthy foods, and exercising regularly.
- **Set realistic expectations:** Don't expect to be perfect.
- **Take some time for yourself:** It's important to take some time for yourself each day, even if it's just for a few minutes.
- **Practise self-care:** Self-care is important for everyone, but it's especially important for people with mental health challenges.
- **Find a support system:** Having a support system of people who can understand what you're going through can be very helpful. This could include your partner, family, friends, or a support group.
- **Talk to someone:** It's important to talk to someone about how you're feeling.





Across

- 2. A Hindu spiritual and ascetic discipline, a part of which, including breath control, simple meditation, and is widely practiced for health and relaxation.
- 4. Freedom from disturbance; tranquillity.
- 5. The process of taking air into and expelling it from the lungs.
- 8. Is a practice in which an individual uses a technique to train attention and awareness. It allows you to achieve a calm, and state.
- 9. A mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings.

Down

- 1. The state or quality of having or producing clear visual definition.
- 3. The process or fact of being received as adequate, valid, or suitable.
- 6. Knowledge or perception of a situation or fact.
- 7. The quality of being thankful; is readiness to show appreciation for and to return kindness.



Domestic abuse

One in four women experience domestic abuse at some point in their lives. This may be physical, sexual, emotional or psychological abuse.

30% of abuse starts in pregnancy, and existing abuse may get worse during pregnancy or after giving birth.

Domestic abuse does not have to be tolerated

You have choices and help is available. You can speak in confidence to your GP, midwife or health visitor. In an emergency always phone the police on 999. Use the 101 number to call the police if it's not an emergency.

Black Country Women's Aid (BCWA) provides a range of services and support to men and women experiencing domestic abuse. You can call them 24 hours a day on 0121 552 6448

You are not alone!

5 ways to wellbeing

Wellbeing is about feeling good and doing well in our day to day lives. Our five ways are simple things to do every day, to improve how you are feeling.



Connect meet up, build relationships, make friends

- Speak to someone; a friend, a relative, your health visitor or GP. Being a new parent can be worrying time, support is available to you
- Ask a neighbour how they are
- Attend courses to connect with other new parents
- Find out whats on offer at your local family hub



Be Active whatever you can do, being active makes you feel good

- Go for a walk
- Put on some music and dance
- Go swimming
- For more "Be Active" ideas, visit:
www.healthysandwell.co.uk/strongersandwelldirectory



Take Notice take time, stop and focus on the moment, enjoy the outdoors

- Create your own jar of happiness and fill it with messages about your favourite music, people, memories, books and places
- Try some mindful colouring in (you can find on page 15 in this magazine)
- Use the journal prompts (on page 16)
- Plant some seeds and watch them grow



Keep Learning try and learn something new, see what's out there, surprise yourself

- Try a new hobby
- Learn a new language or sign language
- Try a new recipe
- Read a book
- Learn something new (visit www.sandwellfamilyhubs.com for local activities)



Give Back give your time, do something nice for someone

- Write a note to someone who has helped you or been kind recently
- Make someone a drink
- Give your unwanted things to a charity shop
- Give someone a smile
- Considering volunteering (visit www.letsgosandwell.info for more information)



Find out more by visiting:
www.healthysandwell.co.uk/our-services/wellbeing5/



Resilient Residents

Supporting you to make the most of your money and find help if you need it.



Cost of living help



Benefits advice



Employment support



Help getting online



Make the most of your money



Learn English



Food in Sandwell



Help in an emergency



Health and wellbeing services



Wellbeing



Going Green



For more information scan the QR code or visit www.sandwell.gov.uk/resilientresidents

Get help with benefits

Do you need advice on claiming benefits? Are you on a low income and wondering if you may be entitled to support?

Sandwell Council's Welfare Rights team gives free, independent, and impartial advice about benefits.

The team can help:

- Older people
- Families with children
- People with health problems (including mental health)
- Carers
- People with disabilities
- People in low paid work
- Jobseeker

They can:

- Give general guidance and support
- Help with benefit forms and applications
- Support people who have been overpaid benefits
- Advise on benefits payments when they are reduced or stopped
- Offer representation at appeal tribunals.

Get in touch

To contact the Welfare Rights team, go to:

www.sandwell.gov.uk/welfarerights

If you don't have access to the internet, call: 0121 569 3158
Monday to Friday, 9 am - 4.30 pm



Their future begins with Early Learning in Sandwell

Your child
needs you!



Start right.
Finish well.



Ready
to learn.



Realise their
potential



Claim your child's free funded place.



fis.sandwell.gov.uk



Get help with childcare

Are you thinking of returning to work? Or interested in the benefits of childcare for your child? Childcare, whether it is a nursery or childminders has a lot of benefits.

Childcare can help your child develop their physical, emotional, social, and cognitive skills which all have an impact on their learning and development.

The benefits of your child attending childcare include:

- Improved literacy, numeracy, and problem-solving skills
- Increased confidence and self-regulation
- Lower emotional issues and more positive social behaviour
- Allows parents to work and develop their careers
- Early Intervention helps identify potential delays earlier
- Your child will interact with other children from an early age
- Helps them to get ready for school



Useful Contacts

Health Visiting team:

0121 612 5021
www.swbh.nhs.uk/services/health-visiting

Sandwell Family Information Service:

0121 569 4914
fis.sandwell.gov.uk

Sandwell Family Hubs:

Family_HubsTeam@sandwell.gov.uk
www.sandwellfamilyhubs.com

Inclusion Support Early Years:

0121 569 2860
 0121 569 2859

Changes:

www.bookwhen.com/book4changes

Sandwell Libraries and Archive:

www.prism.librarymanagementcloud.co.uk/sandwell/home

Healthy Sandwell:

0800 011 4656 or 0121 569 5100
 text GETHEALTHY to 87007
 LS@nhs.net
www.healthysandwell.co.uk

Welfare Rights Sandwell:

0121 569 3158
welfarerights_team@sandwell.gov.uk

The Breastfeeding Network:

Call/Text: 07505 775357
sandwell@breastfeedingnetwork.org.uk

Crossword Answers

What is a Family Hub?

Children's Centres have grown to include more support and services and are now known as Sandwell Family Hubs.

Our mission is to help all families in Sandwell thrive.

Family Hubs will offer the right help, in the right place, at the right time with services and support for all families with children aged 0 – 19 (or 25 with SEND). Extra support is available for families during pregnancy and in your baby's first years.

Below are a range of services the Family Hubs offer. Visit the website for a full list of services and how Family Hubs can support your family.



Maternity Care and Antenatal Sessions



Midwives and Health Visitors



Infant Feeding Support



Emotional Health and Wellbeing



Support for Parent and Carers



Stay and Play Sessions



Home Learning



Special Educational Needs and Disability Support (SEND)



Housing Support



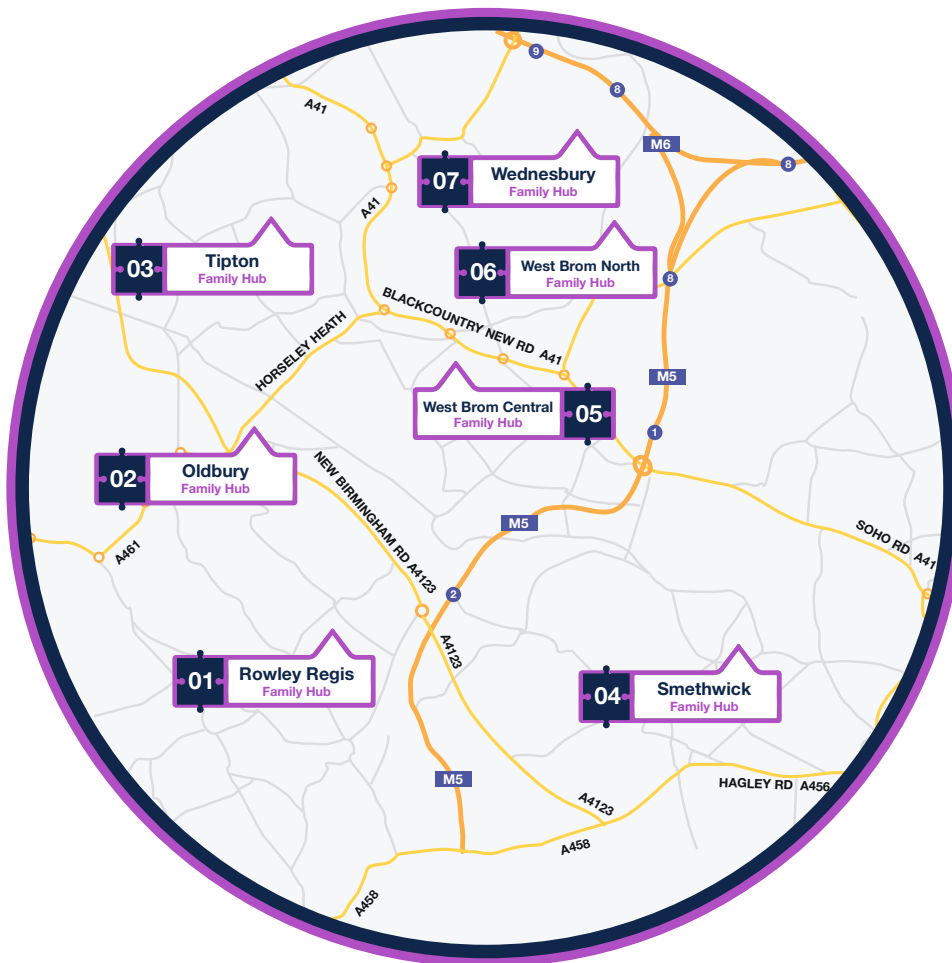
Benefits and Welfare Advice



We know that raising a family can be both rewarding and challenging. At times we all need some extra help. Family Hubs can support you and your family by offering the right help, in the right place at the right time for your family.

Please contact your local Family Hub for more details.

Sandwell
Family Hubs
Helping Families Thrive



01 **Rowley Regis Family Hub**
Dudley Road, Rowley Regis. B65 8JY
0121 559 9916

02 **Oldbury Family Hub**
Tivdale Street, Tivdale, DY4 7SD
0121 557 0740

03 **Tipton Family Hub**
24 Ridgeway Road, Tipton, DY4 0TB
0121 522 5150

04 **Smethwick Family Hub**
Corbett Street, Smethwick, B66 3PX
0121 555 6756

05 **West Bromwich Central Family Hub**
Off Claypit Lane, West Bromwich, B70 9EZ
0121 500 4011

06 **West Bromwich North Family Hub**
Connor Road, West Bromwich, B71 3DJ
0121 588 5431

07 **Wednesbury Family Hub**
Dorsett Road, Wednesbury, WS10 0JG
0121 556 5405

www.sandwellfamilyhubs.com