

## Appendix 2: Range of Start for Life Programmes in Medway.

### Perinatal Mental Health and Parent infant Relationships:

Pregnancy to Three Medway Pregnancy to Three offer group support, one-to-one emotional well-being support and help to access local services close to you. Their perinatal services offer small and welcoming sessions, including Baby Massage, Stay and Play, Antenatal courses, peer support and a Dad's Group. *Delivered by Family Action*

The QWELL service provides free online wellbeing and mental health support to Medway parents, with access to a counselling service without the need for GP referral or any long waiting lists. *Delivered by QWELL*

Singing therapy group to improve women's mental health and wellbeing. *Delivered by Singing Mammias*

MattieClick supports expecting parents in discovering the social power of their own social network. In 5 steps, they map out what their social network looks like. This helps them find out who they can turn to in this exciting and challenging new phase of life. Insight and awareness helps determine where you stand and what your next steps could be. *Delivered by Mattie Click*

DadSpace provide a safe space for dads to talk, listen and share their experiences of fatherhood across the country. *Delivered by DadsSpace*

Mummas Together Group Peer support group to improve mental health for black pregnant women and black mums. *Delivered by The Motivational Mums Club*

Hopeful Beginnings Peer support for parents/carers of children born with disabilities and complex needs. *Delivered by HomeStart*

Parent and baby swimming course with social contact opportunity. Aims to improve Parent Infant Relationships and give parents opportunity to develop a friendship group based around common experience. *Delivered by H20*

### Parenting Support

Babies and Toddlers parenting groups Parenting sessions to support parents/carers of children 0-2yrs to build a positive relationship with their baby/child along with infant feeding, healthy sleep patterns etc. Also providing emotional support in groups, 1:1 and help to access services in the local community. Available face-to face and online. 6-week duration. *Delivered by Family Action*

Small Steps Targeted parenting programme for parents and carers of children with SEND, pre and post diagnosis. *Delivered by Family Action*

### Early Language and the Home Learning Environment

Tiny Talkers Following a child's 24-30 month development review, if they need any additional support with their Speech and Language, parents will be offered a referral to the Tiny Talkers programme by the professional that carried out the review. Tiny Talkers is a 5-week tiered intervention consisting of a workshop delivered by a

speech and language therapist followed by 4 weeks of group sessions with fun activities to support the child's language development. 1-2-1 support is delivered in the home for children and families needing more intensive support, and direct to speech & language therapy for highest need cases. *Delivered by HomeStart*

Medway Early Talkers Digital language platform for parents/carers with a focus on children aged 1-5 years. *Delivered by Speechlink*

Early Talk Boost Targeted programme aimed at 3–4-year-old children who need help with talking and understanding words, helping to boost their language skills to narrow the gap between them and their peers. Training *delivered by Speech and Language UK*

#### Infant feeding

Amplify existing resources to promote breast feeding. Maternity packs containing resources for parents of newborns. *Delivered by Beside You*

Hospital based Infant Feeding team; 1:1 support for mothers, out of hours support, training of the wider workforce. *Delivered by MFT and MCH*

#### Parent and Carer Panel

Medway Parent and Carer Panel MPCF bring together parents and carers from across Medway to provide mutual support, share knowledge, and influence policy and practice. The aim is to ensure better outcomes for families through participation and co production. *Delivered by Medway Parent Carer Forum*

#### Public Health

Commissioned services are supported by a transformation team, and capital expenditure to promote and deliver the Start for Life programme. The team leverage buy in from a broad range of stakeholders, this includes stop smoking services, antenatal food and movement support, toddler healthy eating, postnatal weight management, Healthy Start vitamins, Family Solutions, Domestic Abuse Survivor Café, Domestic Abuse Perpetrators programme, Contraceptive Services etc.