

Family Hub Parenting Support Offer

Leicester's Best Start In Life Family Hubs, help and support families with children and young people every step of the way, from Pre-birth to 19years (25 with SEND) Here's a handy guide to accessing free support.



Pre Birth/ Pregnancy

TOGETHERNESS

Bringing the Solihull Approach to the world

Learn more about pregnancy, labour, birth and your baby.
online self-study



0 - 1 years



Support to feel more confident as a new parent in your baby's first year.

Join our face-to-face 9 week group course

TOGETHERNESS

Bringing the Solihull Approach to the world

Learn more about your baby including your pre-term or sick baby when in hospital and when you return home.

Join our face-to-face groups or online self-study



Create a healthier, happier lifestyle with

HENRY -healthy families right from the start. Join our 8 week group courses or one-off 2 hour sessions covering topics such as starting solids and more.



4 - 5 years

TOGETHERNESS

Bringing the Solihull Approach to the world

Learn more about your child and their feelings.
online self-study



Join our 8 week group courses or one-off 2 hour sessions covering topics such as fussy eating and more.



5 - 12 years



Pre-Teen advice including support

through separation & divorce.
Join our face-to-face groups or online self-study

TOGETHERNESS

Bringing the Solihull Approach to the world

Learn more about your child's feelings, mental health and wellbeing.
join our face-to-face groups or online self-study



12 - 19 years



Teen advice including supporting anxiety and promoting resilience.

Join our face-to-face groups or online self-study

TOGETHERNESS

Bringing the Solihull Approach to the world

Learn more about your teenager including how their brain works.
online self-study



SEND

TOGETHERNESS

Bringing the Solihull Approach to the world

Learn more about your child with additional needs including moving up to secondary school.
online self-study



Support for parents and carers of children aged 0-19 years. Find answers to parenting questions or talk to a parenting coach. We're on hand to support you when you need us.

To find out more drop into your local Best Start Family Hub, visit our website, call us or follow us on Facebook.

