

Newham Healthy Babies 0-2 years

October – December 2026



Parents and carers celebrating completion of a parenting programme

Free support for families at every stage
beststartinlife.gov.uk

Family Hubs contact:

📞 020 3373 2555 ✉ familyhub@newham.gov.uk

newham.gov.uk/familyhubnetwork



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Introduction

Giving every child the best start in life

The first 1,001 days from conception to your child's second birthday are one of the most important periods in your baby's life. During this time, babies' brains develop rapidly, relationships are formed, and the foundations for lifelong health, learning and wellbeing are established.

Newham Family Hub Network bring together local services, community organisations and healthcare professionals to ensure every family can access the support they need, when they need it.

Whether you are expecting your first child or growing your family, we are here to support you every step of the way.

Why the first 1,001 days matter

- 80% of brain development occurs in the first three years.
- Loving relationships help babies feel safe and secure.
- Good nutrition supports healthy growth and development.
- Positive early experiences improve future health and educational outcomes.
- Early support helps families thrive and reduces inequalities.
- Every cuddle, conversation, smile and interaction helps build your baby's future. Family Hubs and Start for Life services ensure families get the right help at the right time

Where should I go if I am worried during pregnancy?

How many weeks pregnant?	Where to seek help
Under 18 weeks	Early Pregnancy Unit (EPU) / Gynaecology Assessment Unit (GAU), depending on your local maternity pathway
18 weeks and over	Maternity Triage / Maternity Assessment Unit
Any stage - serious or life-threatening emergency	Call 999 or attend A&E
Not sure where to go	Contact your midwife, maternity service or NHS 111

Your pregnancy journey



1st trimester (0–12 weeks)

Early beginnings

- Contacting their GP or the Maternity Bookings Team.
- Midwife appointments
- Arranging and attending their first booking appointment.
- Antenatal and emotional wellbeing
- Healthy Start Support



2nd trimester (13–27 weeks)

Growing together

- Midwife appointments
- Anomaly scan (18–21 weeks)
- MatBI form completion with Midwife or GP (20 weeks)
- Vaccinations (e.g. flu, whooping cough)
- Infant feeding preparation
- Family Hub antenatal sessions



3rd trimester (28–40 weeks)

Preparing for birth

- Midwife appointments
- Birth preparation and antenatal education
- Emotional wellbeing support
- Infant feeding preparation
- Family Hub antenatal sessions



4th trimester (40+ weeks)

Getting ready

- Birth planning and choices
- Practical preparation
- Perinatal mental health support
- Stop smoking support
- Financial and welfare advice

Your support journey in Newham

A range of services for you and your baby, every step of the way

Newham General



- Antenatal appointments
- Come and see our Family Navigators – we're here to help you

Your hospital is here for you whenever you need it

During pregnancy



Community maternity clinic

Speak to your midwife for location



Antenatal classes

Choose from in-person and online classes

After your baby arrives



Welcome to the World

One-time session

Pick up your Family Hub Welcome Pack

Introduction to Family Hub services – meet your Family Hub team

Takes place at East Ham library and Shipman Family Hub
First Friday of the month starting from October at Shipman from 11–12

Third Monday of the month starting from October at East Ham from 1–1:40.



Health visitor

New birth visit and clinic



Baby massage Shipman

Relax, bond and support your baby's wellbeing



Baby feeding support

Friendly expert support to help feed your baby



Shipman Little Stars/ Play & Connect Drop-in

Stay and play for under 2s with services and support



Children's Centre Stay & Play

Activities and support for you and your child



Baby Banks

Essential items to support you and your baby

Throughout your journey



Healthy Vitamins

Free vitamins to help keep you and your baby healthy.

Support during pregnancy

Pregnancy is a time of physical, emotional and practical change. Looking after yourself is one of the best ways to support your baby's development.

Support available includes:

- Midwifery care and antenatal appointments
- Ultrasound scans and vaccinations
- Antenatal education and birth preparation
- Infant feeding preparation
- Perinatal mental health support
- Family Hub antenatal groups
- Stop smoking support
- Healthy Start scheme support
- Financial welfare advice

Neonatal Care at Newham University Hospital (Located on the first floor (Zone 2))

If your baby needs extra care after birth, the Neonatal Unit at Newham University Hospital provides specialist support for babies born early, unwell, or requiring additional monitoring. Experienced neonatal and maternity teams work together to provide expert, family-centred care, keeping parents informed and involved every step of the way. Support is available with feeding, bonding, emotional wellbeing, and preparing for your baby's transition home.

MATB1 Form

MATB1 form is an official maternity certificate issued by a midwife or doctor, usually after 20 weeks of pregnancy. It confirms pregnancy and the baby's expected due date and may be needed to access Statutory Maternity Pay, Maternity Allowance and maternity leave entitlements. Receiving the form early can help avoid delays in accessing financial support. If the form has not been received after 20 weeks, contact the maternity team.

Bonding with your baby

Your baby can hear sounds and recognise voices before birth. You can support bonding by:

- Talking and singing to your baby
- Responding to movements
- Attending antenatal sessions face-to-face or online – Newham University Hospital, Family Hubs
- Involving partners and family members
- Learning about responsive parenting

Emotional well-being

It's normal to feel worried or experience low mood, stress and isolation. Support is available through:

NCT Parents in Mind

 parentsinmind.nct.org.uk/newham

Sister Circles – Maternity Mates
 07548 832039

 maternity.mates@sistercircle.org.uk

Your baby's journey (0–2+ years)

Every baby is unique. This timeline shows some of the key things you can expect and how we can support you and your baby. See also [page 14](#).



0–3 months

- New birth visit (10–14 days) – support for you and your baby
- 6–8 week health and development review
- Baby feeding support
- Safer sleep – safe for day and night
- Immunisations
- Bonding and attachment – cuddles, skin-to-skin and talking
- Welcome to the World session at East Ham Library or Shipman



4–6 months

- Play and communication – smiles, coos and responding
- Milestones – rolling, sitting with support, reaching
- Getting ready for weaning – showing interest in food



6–12 months

- Starting solids – introducing a variety of healthy foods
- Safer sleep – safe routines for day and night
- Oral health – cleaning gums and first teeth
- Early language – babbling, words and understanding
- 12 month health and development review (usually between 9–15 months)
- 9 month early entitlement for working parents
- 2 to 2½ year health and development review
- Communication, play and learning
- Preparing for nursery
- Healthy eating and oral health
- Early education and childcare options

12–24 months

- Toddler development – walking, exploring, independence
- Healthy eating – balanced meals and snacks
- Growing communication – more words, following instructions
- Early Learning for 2 Year Olds – free early education places for eligible 2-year-olds
- Preparing for nursery – routines, play and separation confidence

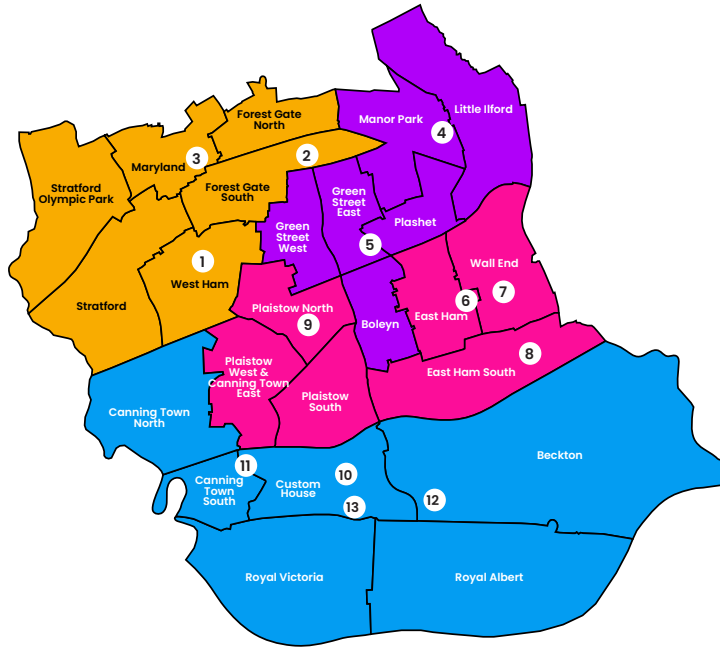


Family Hubs and Children's Centres

Map and overview

Family Hubs and Children's Centres are part of Best Start in Life – the government's programme supporting families from pregnancy, through the early years (0–2), and right up until children start school (age 5) and beyond.

In Newham, our Family Hubs and Children's Centres provide free workshops, activities, advice and support for families with children and young people up to age 18 (or 25 for those with additional needs). We focus on providing early help and support, so that families can access advice and services when they need them.



West

1. Rebecca Cheetham Children's Centre (United West Family Hub)
2. Kay Rowe Children's Centre (United West Family Hub)
3. Maryland Children's Centre

East

4. Family Hub @ Manor Park Community Children's Centre
5. St Stephen's Children's Centre

Central

6. Family Hub @ East Ham Library
7. Altmore Children's Centre
8. Oliver Thomas Children's Centre
9. Plaistow Children's Centre

South

10. Edith Kerrison Children's Centre
11. Keir Hardie Children's Centre
12. Beckton and Royal Docks Children's Centre
13. Family Hub @ Shipman Youth Zone

Newham Children’s Centres

The Children’s Centres in Newham provide tailored services such as parenting workshops, baby and toddler groups, health checkups, and early learning activities focused on language development and social skills. Each centre offers support like play sessions, health visitor appointments, and school readiness programs, creating a strong support network for families with children aged 0–5 to promote both child development and family wellbeing.

West: Stratford, Forest Gate and West		East: Manor Park, Little Ilford and Green Street	
			
Rebecca Cheetham Children’s Centre	Kay Rowe & Maryland Children’s Centre	Manor Park Community Children’s Centre	St Stephen’s Children’s Centre
Central: East Ham and Plaistow			
			
Altmere Children’s Centre	Oliver Thomas Children’s Centre	Plaistow Children’s Centre	
South: Custom House, Canning Town and Beckton and Royal Docks			
			
Edith Kerrison Children’s Centre	Keir Hardie Children’s Centre	Beckton and Royal Docks Children’s Centre	

View all Children’s Centre timetables at:
families.newham.gov.uk

Antenatal Parent Education

Course	For	Description
Parent Education Classes (Face-to-Face)	Parents-to-be (30–36 weeks pregnant)	A two-part course covering labour, birth, baby care, feeding, safer sleep and preparing for parenthood.
Parent Education Classes (Online)	Parents-to-be (28–36 weeks pregnant)	For A condensed online session covering labour, birth, pain relief and preparing for your baby's arrival.
Parent Education Intensive Class (Weekend)	Parents who cannot attend weekday sessions	For A full-day weekend course covering labour, birth, newborn care, feeding and the postnatal period.
Care After Birth (Online)	Expectant and new parents	For Learn how to care for yourself and your baby after birth, including recovery, feeding, safer sleep and emotional wellbeing.
Getting Ready to Breastfeed	Expectant parents from 28 weeks	Evidence-based guidance on breastfeeding, feeding cues, milk supply, skin-to-skin contact and where to get support.
Antenatal Colostrum Harvesting	Expectant mothers	Learn how to safely express and store colostrum before birth to support your baby's early feeding needs.
Induction of Labour (IOL) Session	Parents whose labour may be induced	For Understand why induction is recommended, what happens during the process and what to expect.
Barking Birth Centre Parent Education Classes	Parents receiving maternity care through Barking Birth Centre	For A full-day antenatal course covering labour, birth, baby care, feeding, wellbeing and a tour of the birth centre.

Booking Information

For session dates, eligibility, full course information and to book your place, click [here](#) or scan the QR code. Please note: Some sessions are only available to families receiving maternity care through Newham University Hospital or Barking Birth Centre.



You are invited to

WELCOME TO THE WORLD

BABY CELEBRATION

A special session for
parents with babies aged
0-12 month



**FREE
goodie bag
to take
home!**



DROP IN TO ANY SESSION

(No booking needed)

Sing, play, read and enjoy time with your baby



Each session includes:



Baby rhyme
time



Tips for early bonding
& development



Time to ask question
and meet other
parents



Pick up your Healthy
vitamins



Free goodie bag to
take home



Shipman Family Hub

11am-12pm

First Friday of the month

2 Oct, 6 Nov, 4 Dec, 8

Jan (change due to New
Year's Day), 5 Feb, 5 Mar



East Ham Library (Children's Zone)

1.00-1.45pm

Third Monday of the
month

19 Oct, 16 Nov, 21 Dec,

18 Jan, 15 Feb, 15 Mar



Click [here](#) or scan the
QR code to view our
Family Hubs website or
to find out more.



Health visiting service (0–5 years)

Health visiting support

The Health Visiting Service supports families from pregnancy through to a child's early years, working alongside midwifery services to give every child the best start in life.

Health visitors usually make contact between 28–34 weeks of pregnancy to introduce the service and discuss any support needs before birth.

From birth to age two, support includes:

- Infant feeding and nutrition
- Growth and development
- Sleep and routines
- Emotional wellbeing
- Accident prevention and safety
- Immunisations
- Oral health
- Communication, language and parenting support

Child Health Reviews

Children are offered regular health and developmental reviews, including a one-year review to monitor progress and discuss any concerns.

Reviews are usually carried out by a health visitor or community nursery nurse at a GP surgery, health centre or children's centre.

Families should bring their child's Personal Child Health Record (Red Book) to all appointments.

Further Information

Age-appropriate advice, support and resources are available online via the link or QR code provided.

newham.gov.uk/children-families/health-visiting-service/2

Specialist health visiting

The Specialist Health Visiting Service provides targeted support for families with children aged 0–5 years.

The service includes three specialist health visiting teams offering additional support for families who may need it.

🏠 families.newham.gov.uk/kb5/newham/directory/advice.page?id=49Ppn7dxdBI

🏠 families.newham.gov.uk/kb5/newham/directory/advice.page?id=Wq1VPQ9iP-g

Baby Banks: Helping Families in Need

Being a parent can be tough, especially if you are facing financial difficulties. Baby Banks in Newham are here to help by providing essential items for your baby during this challenging time.

What are Baby Banks?

Like Food Banks, Baby Banks give families free baby and maternity items such as clothes, nappies, and safety equipment. They are run through Newham's Children's Centres and help families who are struggling financially to care for their little ones.

What do Baby Banks provide?

Baby Banks offer:

Baby clothes and shoes



Nappies and wipes



Toys



Baby safety equipment (like gates and finger guards)



Maternity and sanitary items (pads, tampons, menstrual cups)



How to access Baby Banks

Visit your local Children's Centre and speak with a staff member. You don't need to register in advance but you will be encouraged to register when you visit.

Baby and toddlers health

The first years of a child's life are important for building healthy habits and supporting growth and development. Newham Family Hubs can help families access trusted advice and resources on nutrition, feeding and healthy lifestyles for babies and toddlers.

Early Start nutrition

Free online nutrition support is available for pregnant women, parents of babies and families with young children.

Family nutrition Webinars

Monthly 45-minute webinars led by Registered Nutritionists provide practical advice and tips, with opportunities to ask questions.

Topics include:

- Weaning your baby
- Toddler meals and snacks



Family nutrition courses

Free online courses cover key nutrition topics, including:

- Eating well in pregnancy
- Feeding your baby in the first years
- Nutrition for toddlers
- Fussy eating strategies

Families can access webinars and courses online at:

[🏠 earlystartnutrition.com/family-nutrition](https://earlystartnutrition.com/family-nutrition)

"Great webinar – very informative and helpful. Perfect amount of information to give me confidence to start the weaning journey with my baby, without feeling overwhelmed."

Parent, Weaning your Baby webinar, 2025

"Thank you for providing such an amazing opportunity for this training. I really enjoyed completing this as a parent who is struggling with meal times and it has taken away the feeling of guilt. Great!"

Parent, Fussy Eating course, 2025



Newham Infant Feeding Team

Every family's feeding journey is different. Our infant feeding team offer skilled and friendly support with breastfeeding, bottle feeding and mixed feeding, starting solids, breastfeeding in public, returning to work and lots more. We're here to help you to reach your own feeding goals.

Baby Feeding Cafés

Come along for a cuppa and snacks, meet other parents and get skilled support with feeding your little one. Our infant feeding team are here to help you. Arrive early if you need support. Monday to Friday at Family Hubs.

Workshops

Book your informative, friendly workshops to help you get ready for the next stage:

- Antenatal 'Getting Ready to Feed your Baby'
- Starting Solids

Newham Baby Feeding Helpline

7 days a week, for reliable support and information:

☎ 07534 249 611

✉ baby.feeding@newham.gov.uk

🏠 newham.gov.uk/babyfeeding



For more information click [here](#) or scan the QR code.

Baby Feeding Cafés and infant feeding support

Here to support you from pregnancy onwards



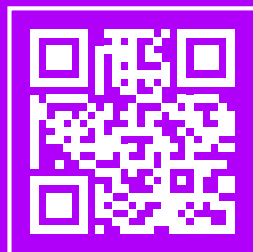
Baby feeding cafés

- Monday, 10–11.30am
Rebecca Cheetham Children's Centre, E15
- Tuesday, 1.30–3pm
Online (link below)
- Wednesday, 1–2.30pm
East Ham Library, E6
- Thursday, 12–1.30pm
Manor Park Children's Centre, E12
- Friday, 10–11.30am
Shipman Youth Zone, E16

Infant feeding support

- Help get ready to feed your baby
- Baby Feeding Helpline
07534 249 611
- Baby Feeding Cafes
- Starting solid workshops
- Peer support

To find out more, visit
newham.gov.uk/BabyFeeding
or scan the QR code.



NCT Newham Infant Feeding

Free friendly parent to parent infant feeding peer support.

Supporting parents from pregnancy through to toddlerhood. Ask questions, get support with breastfeeding, understanding mixed and bottle feeding and more.

Timetable

(term time only)

Drop-in – no need to book.

Mondays

- 10–11.30am, 29 June, 13 July
Oliver Thomas Children's Centre
- 1–2.30pm, Weekly
Kay Rowe Children's Centre
- 10–11.30am, 22 June, 6 July
Rebecca Cheetham Nursery

Wednesdays

- 11.45am–12.45pm, Weekly
Rebecca Cheetham Nursery
- 10am–12pm, 24 June, 8 and 15 July
Alternatives Trust, 464 Katherine Rd, E7 8NP

Thursdays

- 10–11.30am, Weekly
Sheringham Nursery

Fridays

- 12–2pm, Online via Zoom
nct.org.uk/newhamifonline



Volunteer

NCT are always looking for volunteer peer supporters. If you have breastfeeding experience and are interested, contact newham.infantfeeding@nct.org.uk



For more information, visit
newhaminfantfeeding.nct.org.uk

nct

**BEST
START
IN LIFE**

**HEALTHY
BABIES**

Wellbeing and support for parents

Becoming a parent can bring a range of emotions. If you're struggling during pregnancy or after your baby is born, support is available..

NCT Parents in Mind

Peer-led emotional wellbeing support for parents during pregnancy and with babies up to 2 years.

Support includes:

- 1:1 peer support
- In-person groups and walks
- WhatsApp and online sessions (including Zoom)
- Father and male carer drop-in support

Access

Some sessions require referral; others are open drop-in sessions

Sessions

Available across Newham at various locations

 parentsinmind.nct.org.uk/newham



Sister Circle – Maternity Mates

One-to-one peer support for expectant parents and parents with babies aged 0–12 months.

Support includes:

- Practical and emotional support during pregnancy, labour and postnatal period
- Preparation for parenthood
- Postnatal workshops (e.g. Starting Solids, self-care)
- Online and in-person sessions

Access: Referral via professional or self-referral

 07548 832039

 maternity.mates@sistercircle.org.uk

Online referral form

 sistercirclelondon.typeform.com/to/nOg6l9GE



Referral to group based support

 sistercirclelondon.typeform.com/P4PSisterCircle



Sessions

Workshops delivered online and across various Newham locations

Free Healthy Start vitamins for Newham families



All pregnant women, new mothers and children under 5 in Newham can access free Healthy Start vitamins, regardless of income or immigration status. Vitamins can be collected from Family Hubs, Children's Centres and community distribution points across the borough. For collection locations and opening times, visit the [Healthy Start Vitamins page](#) or find your nearest hub on the [Best Start Family Hubs website](#).



delivered by Newham Music A safe and nurturing space where mums can support and celebrate each other on their motherhood journey. To book, scan the QR code or click [here](#).



Community midwifery clinics

Welcome to our maternity service at Newham Hospital. We help to deliver around 5,500 babies a year, making us one of the busiest maternity units in the country. For more information, scan the QR code or click [here](#) or telephone 020 736 39434. Service access criteria: Pregnant or just had a baby



Free Healthy Start card to buy food

A national programme that provides a prepaid card to pregnant women, new mums and children under 4 from eligible low-income families to purchase healthy food and milk. healthystart.nhs.uk



Antenatal and postnatal support

Come along to one of our antenatal and postnatal groups or workshops in a Family Hub or Children's Centre near you.



First Steps: MotherEase

Mothers of children under 5. For mums and their babies or toddlers (children under 5) Music session



Baby Banks

Being a parent can be tough, especially if you are facing financial difficulties. Baby Banks in Newham are here to help by providing essential items for your baby during this challenging time. Baby Banks give families free baby and maternity items such as clothes, nappies, and safety equipment. They are run through Newham's Children's Centres and help families who are struggling financially to care for their little ones.



Stay and play

Stay and Play sessions provide a welcoming space for parents, carers, and children to enjoy interactive play together.



- Local and community activities

Family Navigators will be at Newham University Hospital, every Tuesday, 9am–12pm and Friday, 1.30–4pm (from 6 January 2026).
newham.gov.uk/familynavigators

Baby Feeding Cafés

Join us for guidance from our experienced Infant Feeding Team, enjoy a cup of tea, and connect with fellow parents. If you need individual support any day of the week, call the Newham Baby Feeding Helpline at 07534 249 611 or visit newham.gov.uk/babyfeeding



Parenting support programmes

In partnership with schools, children's centres and the community and voluntary sector, Newham offers a range of programmes, workshops and online resources for parents to access for free. Our Parenting Facilitators have a significant wealth of experience in delivering parenting groups interventions to support parents/carers in their important and critical role.
newham.gov.uk/parentingsupport

Family Navigators

Here to guide you through local services and support Family Navigators aims to deliver a services ensuring all families can access the support they need by acting as a 'one stop shop' for advice and guidance. Navigators are multilingual, with access to translation services. Families can access various support including:

- Help with school application and access to early education
- GP and Dentist registrations
- Employment, money, finance and access to food support
- Special Educational Needs
- Risk of homelessness
- Access to Domestic Abuse services and support
- Health and wellbeing
- Parenting and Health relationship support



What to expect when baby arrives

Once your baby is here, join us for Welcome to the World (WTTW) sessions at Family Hub @ East Ham Library, 328 Barking Road, E6 2RT. At WTTW, you will:

- Receive your FREE Welcome Pack with leaflets of support available and goodies
- Learn more about Family Hubs activities and support
- Join a Rhyme Time Session
- Connect with other parents and local services

You can also pick up your Healthy Start vitamins for mother baby/child & register for the library. For dates please call: 020 3373 2555 or email familyhub@newham.gov.uk

Family Hub Welcome Wednesdays

Every Wednesday, 9.30am–12.30pm

Shipman Family Hub and Youth Zone, 340 Prince Regent Lane, E16 3JH



Join us every Wednesday morning at the Family Hub for FREE advice and support to help you and your family thrive.

Drop in, meet our friendly team, and access multiple services in one place. All families are welcome. The building is step-free and buggy friendly.

Contact

📞 020 3373 2555

✉️ familyhub@newham.gov.uk

What's on

- **Family Navigators**
Family support guidance
9.30am–12pm
- **Food 4 Me Club**
Healthy eating workshop
10.30am–12.30pm
- **Our Newham Money**
Financial advice service
10am–12pm
- **CGL (Change Grow Live)**
Substance use support
10am–12pm

Keeping your child safe

Child safety

Keeping children safe is an important part of family life, especially as babies and young children grow, move and explore their surroundings. Simple steps can help reduce risks at home and when you are out and about.

Safer sleeping

Always place your baby on their back to sleep, in a clear sleep space on a firm, flat mattress. Keep your baby in a smoke-free environment and avoid overheating by not using heavy bedding or loose items in the cot or Moses basket. For the first six months, it is recommended that babies sleep in the same room as their parent or carer.

It is important to avoid sleeping with your baby on a sofa or armchair, and to be cautious about sharing a bed, particularly if you smoke, have been drinking, are extremely tired, or if your baby was born prematurely or with a low birth weight.

Reducing everyday risks

As babies grow, they develop new skills quickly, such as rolling, crawling and pulling themselves up. Staying one step ahead can help prevent accidents. Always supervise babies and young children, never leave them unattended on raised surfaces such as beds, sofas or changing tables, even for a moment.

Keep small objects, plastic bags and choking hazards out of reach, and ensure hot drinks are placed safely away before holding your baby. At bath time, always check water temperature and never leave a child unattended, even briefly.

Crying and coping safely

Crying is normal for babies and is often their way of communicating hunger, tiredness or discomfort. Sometimes babies cry for no clear reason. Remember the ICON message: Infant crying is normal, it will stop, comfort methods can help, it is OK to walk away for a few minutes if your baby is safe, and never shake or harm a baby.

Support and advice on child safety is available through health visitors, Family Hubs and trusted national guidance.

Parenting support offer

Parenting can be rewarding, but it can also come with challenges at every stage of a child's life. Whether you're looking for advice, practical tools or someone to talk to, Newham Family Hubs offer a wide range of support to help you feel more confident in your parenting journey.

For families with babies and young children, we provide support from pregnancy through the first two years of life, helping parents build strong relationships with their baby and understand their child's development. This includes parenting programmes, parent and baby groups, infant feeding support, guidance on sleep and routines, and opportunities to connect with other local families.

From digital guidance and tailored early help to support for fathers, male carers and kinship carers, we're here to make sure families can access the right help at the right time

For further information, click [here](#) or scan the qr code.



Free online parenting courses – Togetherness

Newham families can access free online courses designed for parents, carers, grandparents and teenagers.

These expert courses help you understand your child's feelings and development, while strengthening relationships at home.

Sign up to access the courses online at:

inourplace.co.uk/newham

Parenting support for families

Help and guidance from pregnancy through the early years



Free support for Newham parents and carers with children aged 0–2 years

Having a baby or toddler can feel rewarding, exciting and sometimes overwhelming. Newham's Parenting Service offers free support, parenting programmes and welcoming spaces where families can connect, share experiences and build confidence.

Our offer includes:

- Togetherness - Online Courses
- Positive Parenting Programme (Triple P) Baby
- Time Out for Fathers
- Positive Parenting Programme (Triple P) Online

For further information, contact parenting@newham.gov.uk or [click here](#) or scan the QR Code.



Saturday fun for fathers, male carers & children

Sports, games, activities and time together!



Held every 2 weeks (Saturdays)
From 18 July
10am–12.30pm

Join us for a relaxed and friendly Saturday morning filled with activities for your family.

Take part in:

- Football, table tennis, dodgeball and pool
- Arts & crafts and board games
- Workshops and group activities

Location: Shipman Family Hub & Youth Zone, E16 3JH No need to book – just come along.

Family Navigators

Family Navigators help families find and access support and offers in Newham.



Family Navigator Support Offer

- Help with school applications
- GP and Dentist registrations
- Education and training opportunities
- Employment, money and finance
- Access to Healthy Start Vitamins
- Housing advocacy
- Access to Domestic Abuse support
- Access to food support
- Health and wellbeing
- Parenting and Healthy relationships support
- Local and community activities
- Supporting families from pre-birth to 18 years old (or up to 25 with SEND)

Where can Family Navigators be found

- **Family Hub at East Ham Library**
Monday, Tuesday and Thursday, 9.30am–12pm & 1–3pm
- **Family Hub at Shipman Youth Zone** Wednesday, 9.30am–12.30pm
- **Sheringham Children's Centre**
Friday, 1–3pm
- **Kay Rowe Children's Centre**
Friday, 9.30am–12.30pm
- **Bonny Downs Community Centre**
Thursday, 9.30am–12pm
- **Newham University Hospital**
(Main reception – St Andrew's Wing) Tuesday, 9.30am–12pm & Friday, 1.30–4–pm
- And more

Signposting you and your family to services, offers and opportunities in Newham

Our Family Navigators are here to support and assist you during challenging times.

We deeply value kindness and respect in our interactions. If it feels like you need a moment to yourself, the Family Navigators may gently suggest taking some time to regroup and return when you're ready, so we can have a warm and constructive conversation together.



Our Navigators are multilingual and have access to translation services to assist you better



We are compassionate listeners who strive to understand without judgment



Connecting you to the support you need, when you need it



We support with: Applications, registrations, referrals and signposting



For legal support, we recommend seeking support from specialist service



We can support you to complete forms up to four pages in length



Kindly wait for the response time to pass before requesting a follow up on your query



Please contact the housing team to discuss your housing needs

or more information please contact: Familyhub@newham.gov.uk

Click here or scan the QR code for the latest information on locations and times to find a Family Navigator near you.



Less arguments. Calmer homes. Stronger relationships.

Free online support for parents and carers raising children together or apart.



Do disagreements at home sometimes feel overwhelming? Want to handle conflict in a calmer, healthier way? Looking for ways to improve communication with your child's other parent?

You're not alone — and support is available.

Stronger Relationships is a free 6-week online course that helps parents and carers:

- Reduce parental conflict
- Improve communication
- Build healthier relationships
- Create a more stable home environment for children

The course includes short weekly self-study sessions and supportive live online group discussions led by experienced facilitators.

For further information, click here, scan the QR code or contact:

✉ sfscparent@racefound.org.uk

✉ parenting@newham.gov.uk

☎ 07708 360561

newham.gov.uk/familyhubnetwork



Incredible years



Practical tools to build stronger relationships, manage challenges and support your child's emotional wellbeing.

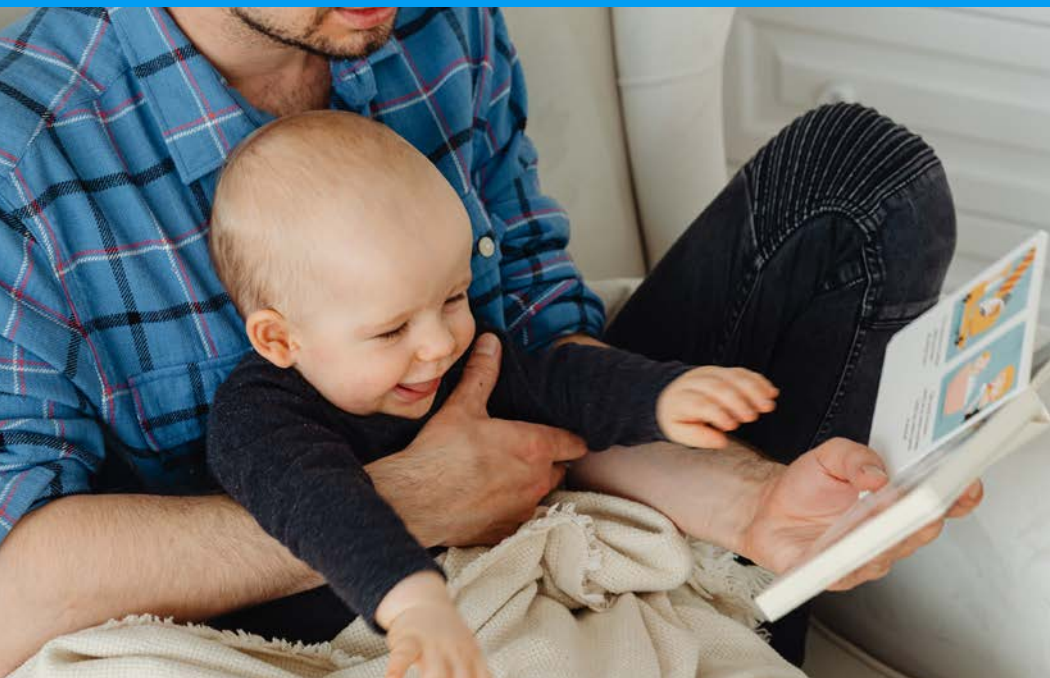
Tuesday, 22 September 2026
10am-12pm
Online, Microsoft Teams

Scan the QR code to register.

newham.gov.uk/dads



Triple P Online



Practical parenting support, whenever it suits you.

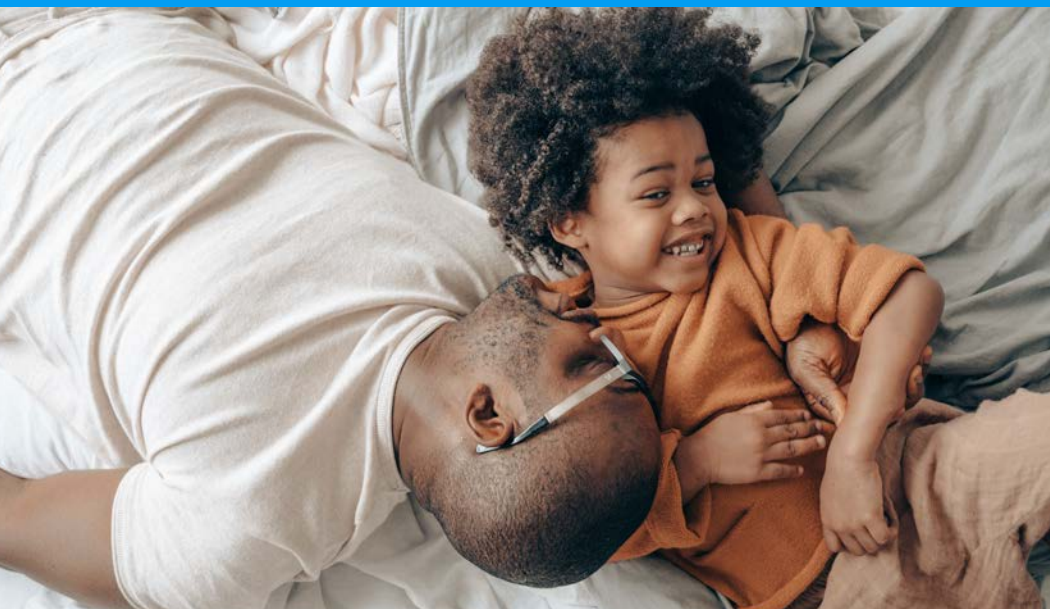
Triple P Online is a flexible, self-paced programme for parents and carers of children aged 0-12 years. This offer is coming soon.

Learn practical strategies to:

- Build positive routines
- Manage common behaviour challenges
- Strengthen communication with your child
- Feel more confident in your parenting

Togetherness

Free online parenting courses for every stage



Courses for parents and carers covering pregnancy, babies, toddlers, children and teenagers, helping you understand development, strengthen relationships and support emotional wellbeing. Courses include:

- Pregnancy
- Babies and toddlers
- Children
- Teenagers
- Your emotions

Scan the QR for more information.

newham.gov.uk



Parenting support in Newham

Free courses, programmes and support for parents and carers

Whatever stage of parenting you're at, there are free programmes available to help you build stronger relationships, manage challenges and support your family's wellbeing.

Our current offers

- **Togetherness** – online parenting courses from pregnancy to the teenage years
- **Triple P** – Practical parenting support. Coming soon
- **Incredible Years** – build stronger relationships and manage parenting challenges
- **CAP (Chat About Parenting)** – A welcoming space to connect, chat and access support
- **Fathers & Male Carers Service** – Support, activities and advice for dads and male carers
- **The Voice** – support to understand unhealthy relationships and rebuild confidence
- **Stronger Relationships** – free online support to reduce conflict and improve communications
- **Time Out** – specialist parenting support, including ADHD, autism and fathers sessions.

To find out more about these offers or to register, scan the QR codes below.

For further information:

✉ parenting@newham.gov.uk

☎ 020 3373 2555



Scan to register
for our offers



Scan to visit our
parenting page

Early years education and childcare

The early years are a crucial time for a child's learning, development and wellbeing. High-quality early education helps children develop confidence, communication skills, independence and social skills, giving them a strong foundation for starting school and future learning.

In Newham, families can choose from a range of early education and childcare options, including nurseries, pre-schools, childminders, playgroups and school-based provision. Each setting offers different experiences and approaches, so it is important to find the option that best meets the needs of your child and family.

Childcare can also provide parents and carers with greater flexibility to work, study or attend training, while knowing their child is in a safe, supportive and stimulating environment. Many settings work closely with families to support children's individual needs and help them reach their full potential.

Families can access information, advice and guidance to help them understand the childcare options available locally, choose a suitable provider and find out what support they may be entitled to. There are a range of funded childcare offers available for eligible families, helping to make early education more affordable and accessible.

The following pages provide further information about childcare entitlements, including the 15 and 30 hours funded childcare offers, eligibility criteria and how to apply.

For more information, click [here](#) or scan the QR code.



Working Parent Entitlement: 30 hours childcare



Attention – Working parents!

Get 30 hours FREE childcare for your child – 9months – 5 years old

*Eligibility criteria applies

If you are an eligible working parent, you can access up to 30 hours of funded childcare per week from the term after your child turns 9 months old until they start primary school.

Visit beststartinlife.gov.uk to check eligibility and apply.

There are deadlines to apply for your code. You must apply a term ahead of when you wish to start.

Make sure you apply as early as possible and speak to your chosen childcare provider to find out more about their arrangements.

newham.gov.uk/30freehours

Am I eligible?

Your child will qualify for a free place if both parents in a two parent family are working (or in a sole parent family, the lone parent must be working) and each parent on average earns:

- a weekly minimum equivalent to 16 hours at National Minimum Wage
- (NMW) or National Living Wage (NLW)
- less than £100,000 per year.

If you cannot work, you may still be eligible if your partner works and you access a qualifying disability or carers benefit. Immigration criteria also applies.

What will I get?

You will be able to get up to 30 hours childcare per week, over 38 weeks of the year (usually term-time only). You may be able to access less hours over more weeks of the year if your childcare provider offers it.

How can I apply?

If you think you are eligible, you will be able to apply for your place via **beststartinlife.gov.uk**

You will be given an eligibility code if successful. Give this to your chosen childcare provider when you receive it. You will have to reconfirm eligibility every 3 months.

You will be able to find local information and lists of participating providers in Newham at **newham.gov.uk/earlyyears**

When is my child entitled to a free place?

The earliest you can take up a place is from the term after your child reaches nine months old. You must apply a term ahead to get access to the free hours from the term after i.e. apply now for a place next term

If you apply and get your code in this period:	Your child will become entitled to their funded hours from:
1 January – 31 March	the start of the summer term (April)
1 April – 31 August	the start of the autumn term (September)
1 September – 31 December	the start of the spring term (January)

020 3373 0980

30hourschildcare@newham.gov.uk

newham.gov.uk/30freehours

Application National Helpline: 0300 1234 097

newham.gov.uk/30freehours

15 hours early education and childcare for 2 year olds*



**15 hours
Age 2**

"It's made a huge difference in my child's development in many ways; language, social, emotional and physical."

Gulshan, Meena's mum

To check eligibility, please use our online eligibility checker newham.gov.uk/twoyearold or contact your local Children's Centre.

*Subject to meeting qualifying criteria (see overleaf)

newham.gov.uk

CAN I GET A FREE PLACE FOR MY CHILD?

Your child will qualify for a free place if you get:

- Income support
- Income-based Jobseekers Allowance (JSA)
- Income-related Employment and Support Allowance (ESA)
- The guaranteed part of State Pension Credit
- Universal credit and have an annual income of less than £15,400 after tax.

To check eligibility, please use our online eligibility checker

newham.gov.uk/twoyearold

Alternatively contact your local children's centre.

Children qualify in their own right if:

- they are looked after by a local council
- they have a child protection plan
- they have a disability living allowance (DLA)
- they have an Education, Health and Care (EHC) plan
- they left care through special guardianship or an adoption or child arrangements order.

If you're a non-UK citizen who cannot claim benefits

You might still get 15 hours free childcare for your 2 year old. Income thresholds apply. Please contact us to find out if you qualify.

To check your eligibility please contact the Early Education and Childcare Team at twoyearold.childcare@newham.gov.uk or call 020 3373 0980.

WHEN IS MY CHILD ENTITLED TO A 15HRS PLACE?

If your child's second birthday is between:	He/she will become entitled to a 15hrs funded place from:
1 January – 31 March	the start of the summer term (after Easter)
1 April – 31 August	the start of the autumn term (early September)
1 September – 31 December	the start of the spring term (early January)

Early language and communication

Stay and play sessions

☎ 02 03373 2051

✉ local.offer@newham.gov.uk

Children learn and develop important skills through play. Stay and play sessions show you how you can support your child's learning at home. These sessions are open to everyone and you can also meet other local families.

Little Talkers programme

(Communication Skills)

☎ 020 3373 2051

✉ local.offer@newham.gov.uk

Little Talkers is a 4 week programme of face-to-face sessions where parents and children interact to practice communication skills. This programme is for families with concerns about their child's speech, language and communication skills.

Delivered through the children centres, the practitioners running this programme have received training from the Early Years Speech and Language Therapy Team (ELFT). The Little talkers programme aims to equip carers with practical skills and strategies to support children in developing language and communication.

Little champions

(Play Group for those with additional needs)

☎ 020 3373 2051

✉ local.offer@newham.gov.uk

This is a drop in 'stay and play' group for up to 6 families with children who have additional needs around their play, interaction and communication. It offers a range of engaging activities to support communication, sensory needs, social skills, play and interaction skills. Delivered by trained staff within the children's centres, the group is also supported by skilled autism practitioners from LCIS.

Little Champions groups are weekly drop in session for parents to practice play and interaction as well as provide opportunities to network with other parent's with similar concerns. The group is run at different children's centres across the Borough of Newham.

Connect with me support Programme

☎ 0203 373 6321

✉ LCIS@newham.gov.uk

This is a holistic intervention programme of support for early year's children with social communication needs or autism and their parents and carers.

It is made up of 6 one to one direct face to face sessions. In each session families and children will access the following activities

a) music therapy, b) a family support worker, c) speech and language therapy, d) sensory differences, e) a sensory story and f) a play session.

The parent and the child visit each of the activity stations in their session, taking part together and working on strategies they can use to support their child at home.

Speech and language advice line – under 5s

Every Tuesday from 1–3.30pm



Do you have questions about your child's talking?

We can talk about any concerns you have and offer you advice to support your child's communication.

To book an appointment to speak to a Speech and Language Therapist email **familyhub@newham.gov.uk** or call us on **020 3373 2555**

Healthy babies panel

Best Start Family Hubs in Newham provide free, accessible support for families from pregnancy through to young adulthood. Services include health support, parenting advice, wellbeing services, SEND guidance, and financial support—all brought together in one place. We value the voices of local parents and carers and encourage them to get involved and share their feedback and experiences to help shape local decisions and improve services for families across Newham.

Ways to get involved



Join
the Healthy
Babies
Parent Panel



Sign up
to our
mailing list



Join the
Family Hubs
Touch Point



Volunteer

Join the Healthy Babies Parent Panel



The panel brings together parents and carers with local service leads so they can:

- Have a say on local services
- Help improve maternity and neonatal hospital care
- Be part of positive change for Newham babies and families
- Be recognised for their time and contribution.

Other benefits

- Find trusted information
- Connect with others
- Enjoy our facilities with your child

Who can join

- Pregnant people
- Those caring for a child 0-2 years

When does the panel meet

Face-to-face meetings take place in June, September, November, January and March.

How to join

To register your interest, complete this form or scan the QR code.



This panel is delivered in partnership with Barts Health NHS Trust.

We want to reflect the diversity of our communities and especially encourage people from White British, Black African and Black Caribbean backgrounds to get involved, as they are currently under-represented.

Support from 3 – 18

As children grow, support continues to help them learn, develop and thrive. Newham offers a wide range of services for children aged 3 and above, including:

Type	Description
Best Start Family Hubs	Activities, parenting support, advice and services for families with children and young people up to age 18 (or 25 with additional needs).
Early Education and Childcare	Information on funded childcare, nurseries, preschool provision and help preparing children for school.
Health Visiting and School Nursing	Health and wellbeing support, development advice and guidance as children grow.
Speech, Language and Communication	Support to help children develop communication, language and social skills.
SEND Support	Advice and services for children and young people with special educational needs and disabilities and their families.
Parenting Support Programmes	Workshops and courses covering child development, behaviour, wellbeing and family relationships.
Activities and Community Support	Play sessions, holiday activities, family events and local community groups.
Youth Support and Opportunities	The Youth Empowerment Service offers activities, support and opportunities for young people aged 10–25 to build confidence, develop skills and have a voice in their community.
Money, Employment and Practical Support	Families can access advice and support with money, benefits, employment, training, food support and legal issues through Family Hubs and partner organisations.



For information about services for children aged 3+, visit: newham.gov.uk/familyhubs or scan the QR code.

Discover our new Family Hubs Website

That's why we've created a brand new Family Hubs website designed with families in mind.

WWW.FAMILIES.NEWHAM.GOV.UK



Help on your doorstep

We're all here to help, this is your neighbourhood.



Schools



Family Hubs



Children's Centres



Health visitors



Nurseries



GPs



Midwives



Hospital



**Voluntary,
Community & Faith
Groups**

Register today with Family Hubs and find out more how we can help you.



See all services offers at our Family Hub website and sign up for our newsletter.



Free support for families at every stage
beststartinlife.gov.uk

Family Hubs contact:

 020 3373 2555  familyhub@newham.gov.uk

newham.gov.uk/familyhubnetwork