

Health Visiting Service

If you need to contact your local health visiting service please find their up to date telephone number at -

livewellservices.cheshireeast.gov.uk/Services/1165

Information about weaning is available at -

www.nhs.uk/start4life/weaning/



Cheshire East Health Visitors



Early Start Service

To book any of the courses in this booklet or to enquire about any additional support you may need, please email your nearest Children's Centre;

Macclesfield - AshGroveChildrensCentreAdmin@cheshireeast.gov.uk

Wilmslow - OakencroughChildrensCentreAdmin@cheshireeast.gov.uk

Congleton - CongCCAdmin@cheshireeast.gov.uk

Crewe - OakTreeCCAdmin@cheshireeast.gov.uk

Crewe - mccadmin@cheshireeast.gov.uk

If you would like to talk to someone contact -

Family Information Service on 0300 123 5033

Virtual Sessions will be delivered through Microsoft Teams.

Instructions will be made available to support you.

We cannot guarantee a place, therefore, we will be operating a waiting list

Babies Together

Supporting you and your baby during Covid 19

This booklet shows the programmes of support which are available for you and your baby. These include both individual and group support. We are really looking forward to meeting you and your family. *Please contact us by emailing us at the address on the back of this leaflet.*



Use this free NHS app for information relevant to your baby's age and stage of development. You will also receive reminders such as immunisations.



Cheshire East Parenting Journey

www.cheshireeast.gov.uk/parentingjourney



Baby and Me

Baby and Me is a virtual session, which runs over 3 weeks. The sessions last up to 1 hour and support both you and your baby.

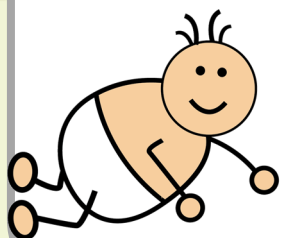
Each session focuses on your baby's learning and development and activities which you can do with your baby in your home. These activities include sensory play, songs and rhymes and messy play. You will also have the opportunity to meet and talk to other parents and share experiences that you are all having as you welcome your new baby.



Baby Massage

Baby massage is a lovely way for you to enjoy time with your baby and is an opportunity help you bond together.

Baby Massage is a 5 week programme where our trained Family Service Workers will demonstrate a variety of soothing holds and rhythmic strokes. These can help your baby to feel securely attached, reduce crying and can help with discomforts such as colic.



This session will last up to 1 hour and will be either delivered virtually using Microsoft Teams, with a camera enabled device with a small group of parents or in a very small group in our 'Covid Secure' Children's Centres.

Buggy Walks

This is a weekly opportunity for you to meet other parents with babies of a similar age and go for a walk around your local community with a member of the Early Start Team. This may become a virtual session and you will be notified in advance should this be the case.



Babies Together - Virtual Stay and Play Session

A relaxed, fun and interactive session with lots of singing and play. You will gain new ideas for your baby as well as information on developmental milestones and ways for you to support your babies ongoing development. This is a weekly session.



Sensory Room - Daily Availability

Sensory rooms are available across most of our Children's Centre and are specially equipped with lights, colours and sounds which your baby can explore and enjoy.

Our Children's Library - Daily Sessions

Book a timed slot to use our loaning library which has lots of baby books and story sacks for your baby.



Parenting Journey Videos

Search Cheshire East Parenting Journey and view our Babies Together play list to find a variety of videos with information, guidance and support.

