

Support for parents-to-be



Support for parents-to-be

How do Children's Centres provide support for parents-to-be?

First time mums will be offered two home visits by the health care assistant while they are pregnant. If this is not the first baby, the health care assistant will make contact by letter or phone to provide information about the services available at your local Sunderland Children's Centre.

Advice will be given on breastfeeding and how to eat healthily whilst pregnant. Referrals for the Pregnancy Stop Smoking Service or a Home Fire Safety Assessment (carried out by the Fire Service) can also be arranged. Appointments for the local "preparing for baby" groups will be given by the community midwife.

What can it offer you and your new baby?

- Learning about parenthood helps you to prepare for your baby's birth.
- Helps you to learn how your baby communicates with you.
- An opportunity to meet other parents-to-be at baby classes.
- Makes you aware of services available after your baby's birth such as Baby Days groups, Baby Massage or Bosom Buddies (breastfeeding support group).
- Advice about what support is available to help you stop smoking, if required.

What are the benefits for you and your family?

- Encourages a healthy pregnancy.
- You will know where to go if you need support or advice.
- Improved health and wellbeing.
- Enriched relationship between you and your partner.
- Help to develop a good relationship with your new baby.

To find out more about support for parents-to-be please contact your local Sunderland Children's Centre – details overleaf.



Where to find your local Sunderland Children's Centre

Sunderland Children's Centre Thorney Close

Thorney Close Action and Enterprise Centre
Tel: 0191 553 4127

Sunderland Children's Centres Washington

Rainbow Family Centre, Concord
Tel: 0191 219 3995
Wessington Primary School, Glebe Village
Tel: 0191 219 3720
Oxclose Primary and Nursery Schools
Tel: 0191 219 3770

Sunderland Children's Centre Austin House

Austin House Family Centre, Southwick
Tel: 0191 566 2650

Sunderland Children's Centre Bunny Hill

Sunderland Customer Service Centre
Tel: 0191 561 8126

Sunderland Children's Centre Monument

Barnwell Primary School, Penshaw
Tel: 0191 553 6576
Dubmire Primary School, Houghton
Tel: 0191 382 3071

Sunderland Children's Centre Highfield

Highfield Community Primary School,
Ford Estate
Tel: 0191 561 2050

Children's Services

The Sandhill Centre
Grindon Lane
Sunderland
SR3 4EN

Tel: 0191 520 5505

Fax: 0191 553 8886

Minicom: 0191 525 0075

Email: fis@sunderland.gov.uk

www.sunderlandchildrenscentres.co.uk

Sunderland Children's Centre Pennywell and South Hylton

Pennywell Early Years Centre
Tel: 0191 553 6820

Sunderland Children's Centre New Silksworth

New Silksworth Infant School
Tel: 0191 553 6190

Sunderland Children's Centre Hendon

Valley Road Community Primary School
Tel: 0191 553 7750
Hudson Road Primary School
Tel: 0191 553 7675

Sunderland Children's Centre Ryhope

Ryhope Infant School
Tel: 0191 553 6206

Sunderland Children's Centre Hetton

Hetton Lyons Nursery School, Four Lane Ends
Tel: 0191 553 6735

Sunderland Children's Centre Houghton

Houghton Community Nursery School
Tel: 0191 553 6557

Sunderland Children's Centre Millfield

Millfield Community Nursery School
Tel: 0191 553 2775
Diamond Hall Infants School
Tel: 0191 553 7620

Sunderland Children's Centre Grangetown

Grangetown Primary School
Tel: 0191 553 7650

Sunderland Children's Centre St Peter's

Dame Dorothy Primary School
Tel: 0191 553 7618

This information can be made available in large print, Braille, audio and other languages. Please contact the Families Information Service on 0191 520 5505 or email fis@sunderland.gov.uk for help.

All information correct at time of going to press.
Published September 2008.

As part of Sunderland's commitment to a balanced and sustainable future this leaflet is printed on paper made from 100% recycled post consumer waste. Please recycle it again after use by putting it in your Kerb-it box or your paper bank.