

Universal pathway: What support you can expect



PREGNANCY >

Pregnancy

- Health Visitor contact at 30 weeks to assess health needs
- Advice session about preparation of the baby



0-3
MONTHS

Birth to 3 months

- Within 14 days of the birth of your baby, a Health Visitor will make a home visit
- Visit by Early Years Volunteer to promote services available locally

3-12 months

- Health Visitor contact at three to four months to promote topics like bonding and infant feeding
- Encouragement of families to attend parenting programmes

3-12
MONTHS



12-24 months

- Health and development check with health visitor
- Session with children and families exploring language and communication

12-24
MONTHS



24-36 months

- Two year old integrated health review at Children's Centre
- Access to a free early learning place for eligible two year olds

24-36
MONTHS



36 MONTHS+ >

36 months+

- Health Visitor contact for identified health needs or Special Educational Needs and Disability, and/or Speech, Communication and Language Needs.



Universal Pathway: First pregnancy? What support can you expect?

During Pregnancy

You will receive a Health Visitor contact at 30 weeks to assess health needs to discuss preparation for parenthood. Advice will include attachment, bonding and responding to baby cues, responsive infant feeding, safe sleep, healthy development and how to promote communication through talking and singing to your baby; immunisations; family mental and physical health as well as wellbeing and the value of supportive groups and friendships after the baby is born.

Health visitors will explain the benefits of attending a Children's Centre to access health and early learning services and opportunities.

You may be eligible for a family nurse. The Family Nurse Partnership (FNP) is the universal offer in Tower Hamlets for all pregnant first time mums who are under 21 years of age. FNP is an enhanced programme offered from very early pregnancy up to the age of two years and includes all of the information in this leaflet.

Birth to 3 months

Within 14 days of the birth of your baby, a Health Visitor will make a Home Visit to review Mum and baby's wellbeing in line with topics listed above and to plan additional visits if necessary.

At the 6 – 8 week health review by GP and Health Visitor, there is a further check on how things are going for Mum and baby, following the topics described above. This is to ensure continued progress and wellbeing.

Healthy Child Clinics in local Children's Centres are available for drop in advice and support for new Mums/Dads and their babies.

You can request a visit by an Early Years Volunteer from the voluntary sector, Sure Steps. They will help

you access services available locally. You will also be invited to access support groups in Children's Centres for parents. This invitation will be after your baby is born and includes baby massage, development advice, communication advice and breastfeeding support. You can register at any children's centre at any time.

3 – 12 months

3 – 4 month review with Health Visitor.

Health Visitor contact at three to four months is to promote overall wellbeing through the topics listed above and encourage healthy development and communication with baby (tummy time and talk, sing, play); discuss introduction of solids (knowing when your baby is ready) and baby led weaning at about six months; and to assess physical and mental wellbeing of mum. Bookstart packs are offered to families by health visitors.

The 8-12 month review must be completed by 1 year of age to assess progress and advise on health, nutrition, development, safety and communication and plan any follow up required or planned for delivery re: promoting and supporting identified communication and development needs.

Learning to communicate group sessions are led by a Health Visitor and delivered in a children's centre. You can attend Stay and Play sessions at children's centres. These promote talk, singing, play with under 1 year olds. There are enjoyable activities promoting speech, language and communication and positive reading opportunities at Ideas Stores.

12 – 24 months

A health and development review is completed at 12 months/1 year and any follow up required or planned for delivery to promote and support identified communication and development needs.

Stay and Play sessions in children's centres promote talk, singing and play with toddlers and children. Language and communication, story time and sessions promoting reading are held at Ideas Stores.

24 – 36 months

You and your baby will be invited to a two year old integrated health review at a Children's Centre. This is led by health visitors in partnership with Children's Centres. You may be offered follow up support if you need it. This will be to help you promote and support identified communication and development needs.

Access to a free early learning place for eligible two year olds can be facilitated through Children's Centres.

You can come to Stay and Play sessions in Children's Centres. These to promote talk, singing and playing with children. Language and communication activities, story time and reading sessions are available in Idea stores.

36 months

The Health Visitor makes contact again for identified health needs or Special Educational Needs and Disability, and/or Speech, Communication and Language Needs.

36+ months

Access to a free universal early learning place can be facilitated through Children's Centres. Parents may apply for a free universal early learning place in a school nursery if they wish.

60+ months

Statutory school begins in the term after the child's 5th birthday.