



The 'Best Start for Life' for babies and the youngest children.

We want all our children to have the best start in life. Our online information and resources are for babies and children from conception to 2 years, and to 3-4 years with Home Learning Environment support. This crucial period of the first 1,001 days lays the foundation for a child's life.

There is extra help for:

- Parent and Infant Relationship Support
- Perinatal Mental Health, which includes support for male parents and carers
- Infant Feeding Support
- Early Language and Home Learning Environment
- Parenting Support

You can find support on our website and in person at our Hub sites

T 0121 752 1280

E familyhubs@birmingham.gov.uk

birmingham.gov.uk/familyhubs

SCAN HERE



How can it help you?



Best Start for Life is help for families with babies and our youngest children and is part of the Family Hubs offering for children aged 0-19 (25 with SEND).



Helps families find the services and support available to them locally.



Services such as midwives, health visitors, children's centres, local parenting organisations are joined up to create a one-stop shop.



Help and support is available online where lots of useful information, organisations and links have been put in one place.



There is extra help with parenting, mental health, speech and language development, and infant feeding.

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