

welcome to...

Your child's first two years

A guide to your baby's
first 1001 days



Small steps to achieving
a brighter future

...giving children the best start

In partnership with



**Nottinghamshire
County Council**

NHS
Nottinghamshire Healthcare
NHS Foundation Trust



This guide is designed to support you through the first two years of your baby's life, recognising that all children's development is different.

Your baby's name:



To support this resource, please take a look at the [Nottinghamshire Best Start offer](#) - a guide to local support and services taking you from early pregnancy until your child is five years old.

This guide has been designed with help and feedback from parents.



[Nottinghamshire
Best Start offer](#)



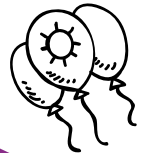
You can help your baby by:

- Looking after yourself
- Building a good support network
- Recognising and talking about your feelings and emotions
- Allowing enough time to sleep, relax and play
- Getting to know your baby, even before they are born
- Sharing books with your baby



This booklet aims to guide you and your child on an exciting journey giving them the best start in life.

You will find top tips and checklists throughout to help you and your child.



Support, advice and guidance

If you would like more information or have any questions after reading this booklet, you can contact your local Healthy Family Team or Family Hub Network. For contact information, please see pages 16 & 17.

Your Healthy Family Team and Family Hub Network are made up of professionals with a background in:

- Child Development
- Antenatal Support
- Infant Feeding Advice
- Family Support
- Speech and Language development



[Find out more details about your local SEND offer](#)

If your child has additional needs you may need more support and information. Please contact your Healthy Family Team for advice, details can be found at the end of this leaflet.





Antenatal

Now is a really important time to get to know your baby - if you are starting to pick up on your baby's cues during pregnancy this will help you to respond to their needs once they are born. This makes baby feel safe and secure and promotes brain development.

Start to think about how you are going to feed your baby, taking some time to understand what the different methods involve and how they would work for you. If you need further information about your feeding choices, your midwife, health visitor or Family Hub Network can support you.

Breastfeeding offers many health benefits including reduced risk of tummy bugs, ear and chest infections and complications of excessive weight gain for babies, as well as reduced risk of breast and ovarian cancer and osteoporosis for mum.

Breast milk is unique for each baby, containing live substances which offer immediate protection against infections and helps other nutrients be absorbed more easily. Babies have small tummies and need to feed often.

Sign up for a Healthy Start card, if you're eligible, for help to buy fruit, vegetables and milk. You can have this from 10 weeks of pregnancy.



[Get help to buy
food and milk
\(Healthy Start\)](#)
NHSBSA



Antenatal top tips

- Finding out about local antenatal classes and support delivered within your local Family Hub, hospital and Healthy Family Team
- Talk or sing to your baby - they will start to recognise your voice
- Stroke your bump and be aware of baby's movements
- Think about how your baby is growing, what stage they are at now, what they may look like
- Give your baby a name - this may be a nickname such as Peanut or it may be the name you have chosen for when they are born
- Prepare for baby's arrival by getting necessary equipment ready. Involve partners and siblings too! They need to feel part of this expanding family
- Find out as much as you can about feeding your baby. You can speak to your Healthy Family Team or Family Hub staff
- Who knows better about what to expect in the early days than a mum who is going through the same journey. Why not come along to a BABES (Baby and Breastfeeding Encouragement Support) breastfeeding group to talk to other mums about their experiences.



[Find BABES support](#)



The first weeks with your baby

- New babies have a strong need to be close to their parents. Lots of cuddles, love and comfort will help you and your baby to feel happy and healthy
- Holding, smiling and talking to your baby will release 'oxytocin' which is the 'love hormone' enabling you both to feel happy and secure (and promote baby's brain development)
- Spending time holding your baby close, looking into their eyes, talking to them and having skin-to-skin contact will help you to feel close to each other
- Give yourself time to adjust to becoming a new parent. Try not to worry, you will soon settle into the new routines having a baby brings
- It's normal to feel emotional in the first weeks and months after you give birth. Don't be afraid to ask for help if you feel overwhelmed. [Parentline – a confidential texting service for parents and carers | Nottinghamshire Healthcare NHS Foundation Trust](#)

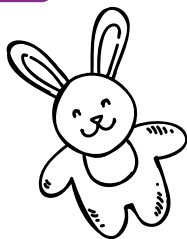
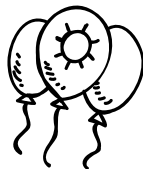


Parentline



[Find out more details about your local SEND offer](#)

If your child has additional needs you may need more support and information. Please contact your Healthy Family Team for advice, details can be found at the end of this leaflet.



The first few weeks top tips

First few weeks, help and support:

- Click the link to [Register your baby's birth](#)
- Register your baby with a GP (ready for their 6 week check and future vaccinations)
- Your local Healthy Family Team are there to help and advise - see page 16 for details on how to contact your local team
- Complete and refer to your child's Red Book
- Visit your local Family Hub Network – see page 17 for details on how to contact your local team
- Access self weigh facilities where you can weigh your baby - available at various venues throughout your area
- If you have any worries about your or your baby's health, always seek medical advice
- If your child has any additional need, talk to a health professional who may be able to help you with adaptations



[Register your
baby's birth](#)



By 6 months old your child could be:

- Establishing a good feeding routine
- Responding to your face and voice
- Starting to move around by rolling and wriggling
- Reaching, grasping and focusing on people and objects
- Making noises that you will begin to understand
- Enjoying cuddles to make them feel safe and secure

Remember, children develop at their own rates and in their own ways.



By 0-6 months old top tips

- Make feeding times relaxed and enjoy the experience
- Babies love faces. Hold baby close and talk, sing and smile
- Regularly provide opportunities for baby to kick and stretch freely on their tummy and back under close supervision

- Remember babies must always be placed on their back for a nap or at night when sleeping

[Safer sleep information | The Lullaby Trust](#)

- Encourage babies to explore the space near them by putting interesting things beside them
- Chat to your baby by copying the sounds and babbling noises they make
- Cuddle baby and let them see your face and hear your voice, when they're grumpy, tired or hungry
- Look out for your free Bookstart Pack from your Healthy Family Team or library
- Create screen-free rituals - Mealtimes, bathtime, and bedtime are all golden moments for connection. Try making them phone-free for everyone

[Baby and toddler screen time guidance - Best Start in Life](#)



[Safer sleep
information](#)
[The Lullaby Trust](#)



[Baby and toddler
screen time
guidance - Best
Start in Life](#)



Checkpoint:

- Take your child with you to the dentist when their first milk teeth appear. This is so they become familiar with the environment and get to know the dentist. The dentist can advise you on how to prevent decay and identify any oral health problems at an early stage [Find a dentist](#)
- Start brushing your baby's teeth as soon as the first milk tooth breaks through (usually at around 6 months, but it can be earlier or later)
- Brush your baby's teeth twice daily for about 2 minutes with a tiny smear of fluoride toothpaste (you do not need to rinse after brushing) [The Children's Toothbrushing Guide - Starting Reception](#)
- Contact your local Family Hub Network, they hold lots of information about groups and activities you can attend
- At 6 months you will be starting to wean your baby, your Healthy Family Team and Family Hub Network can help
- More vaccinations are now due – [Vaccinations | Nottinghamshire County Council](#)

If you are planning to return to work or study, make sure you give yourself plenty of time to choose a childcare setting that suits your baby and you. Don't forget that if you work you can claim government funding towards your baby's childcare costs from the term after they turn 9 months old. Take a look at: [Your Notts Directory | Childcare and Early Learning](#) for information about the types of childcare, the funding available and local childcare providers.



[Find a Dentist](#)



[The Children's
Toothbrushing](#)



[Vaccinations
Nottinghamshire
County Council](#)



[Your Notts
Directory
Childcare and
Early Learning](#)

By 12 months old your child could be:

- Weaned and eating a varied diet
- Getting their first teeth
- Using some single words, lots of babble and some gestures
- Pulling up on furniture/sitting unaided and might be starting to take some supported steps
- Getting more mobile: crawling or bottom shuffling
- Enjoying sensory experiences
- Holding objects such as a crayon, spoon etc
- Enjoying cuddling with you, stroking your face and smiling at you
- Feeling sad when you leave them but cuddles with another familiar adult will help

You can raise any unanswered concerns you may have with your Healthy Family Team during your 8 to 12 month review.



By 12 months old top tips

- Use available weaning advice and offer a varied diet visit [Weaning - Best Start in Life - NHS](#)
- Your Healthy Family Team will invite you for an 8 - 12 month review
- More vaccinations are now due
[NHS vaccinations and when to have them – NHS](#)
- Register with a dentist for an appointment
- Sing songs and nursery rhymes, especially with actions
- Attend groups in the community or at a Family Hub
- If your baby uses a dummy offer it for sleep times only
- Use stair gates, safety catches and locks to prevent accidents
- Provide a range of everyday objects for baby to explore
- Provide lots of cuddles and have special "just you and me" time
- Sign up for a Healthy Start card, if you're eligible, for help to buy fruit, vegetables and milk for your child up to their 4th birthday'
- [Breastfeeding when you return to work?](#)



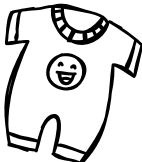
[Weaning - Best Start in Life - NHS](#)



[NHS vaccinations](#)



[Your Notts Directory Breastfeeding](#)



By 18 months old your child could be..

- Pointing at objects to ask for things
- Playing with an activity of their choice for a short period of time
- Wary of unfamiliar people
- Beginning to understand yes, no and some boundaries
- Understanding single words, imitating words and sounds
- Able to pick up tiny objects using a pincer grip



Culture,
Learning,
Libraries

Find out more about the local library service

Inspire at: [Inspire, Culture, Learning, Libraries](#)



Top Tips

By 18 months old top tips

- Attend play sessions, if you can, to give your child more learning experiences and opportunities to socialise and play with other children
- Have clear routines and boundaries
- Repeat and extend single words e.g. big cup or two socks
- Enjoy looking at books together
- Provide lots of opportunities for making marks and scribbles e.g. using chalks, crayons, felt tips, soap crayons, finger paint, paint brushes, etc

If you are worried about anything, please contact your Healthy Family Team (please see page 16.)



By 24 months old your child could be..



- Exploring new toys and environments whilst regularly “checking in” with a familiar adult
- Walking upstairs when an adult holds their hand and coming downstairs backwards one step at a time
- Starting to put 2 words together, copying familiar expressions and using lots of everyday words which are important to them
- Sometimes getting cross when they want to do things by themselves, or when they are asked to share a favourite toy
- Telling you when they need the potty or toilet (or when nappy or pants are wet or soiled)
[The Potty Training Guide - Starting Reception](#)
- Trying foods and textures and holding a cup with two hands
- If your little one still has a dummy, now is a good time to stop using it



[The Potty Training Guide](#)

From 2 years, some children are eligible for up to 15 or 30 hours of childcare funding until they start school (eligibility criteria applies).

Take a look at: [Funded 2 year old childcare places for families receiving some additional forms of financial support](#)

If you are working make sure you get your funding and also consider a Tax Free Childcare Account.

Take a look at:

[Your Notts Directory Help with Childcare Costs.](#)



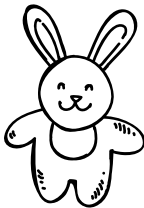
[Funded 2 year old childcare places](#)



[Your Notts Directory Help with Childcare Costs.](#)

By 24 months old top tips

- Provide opportunities for running and climbing such as soft play materials or cushions
- Talk about different sounds outside such as airplanes, birds, cars and lorries
- Show and give choices about things to eat e.g. would you like a yogurt or a banana?
- Play pretend games with your child for example let them help you to share pretend fruit or sandwiches
- Acknowledge children's feelings by saying "I can see you are cross/upset/sad"; and help them to recognise and deal with these feelings
- Establish routines for potty training, offer choices for pants, potty or toilet and celebrate success (don't be concerned about toilet accidents, they will happen)
- Help your child to clean their own teeth
- Read stories and sing songs with your child
- Allow children to help themselves, try new foods and attempt to pour a drink with help



All children develop and progress at different rates. Celebrate all their achievements, no matter how small, with your child.

If you are worried about anything, please contact your Healthy Family Team (please see page 16.)

Healthy Family Teams Contact Details

Healthy Family Team Contact Details

Advice Line
0300 123 5436



ChatHealth

TEXT ONLY 07507 329952
(11-19 YEAR OLDS)



Parentline

TEXT ONLY 07520 619919



Health for U5s

WWW.HEALTHFORUNDER5S.CO.UK



**Best Start
Plus offer**

CALL 01623 484829



Health for Kids

WWW.HEALTHFORKIDS.CO.UK



Health for Teens

WWW.HEALTHFORTEENS.CO.UK



www.nottinghamshirehealthcare.nhs.uk/healthy-family-teams



Family Hub Networks Contact Details

Ashfield Family Hub Network

Email: FHAshfield@nottsc.gov.uk

Hucknall Family Hub

Tel: 0115 9773748

Ashfield North Family Hub (Sutton)

Tel: 0115 9773741

Kirkby Family Hub

Tel: 0115 9773746

Bassetlaw Family Hub Network

Email: FHBassetlaw@nottsc.gov.uk

Retford Family Hub

Tel: 0115 9773754

Worksop Family Hub (Manton)

Tel: 0115 9773758

Bassetlaw Rural Family Hub (Langold)

Tel: 0115 9773759

Broxtowe Family Hub Network

Email: FHBroxtowe@nottsc.gov.uk

Broxtowe North Family Hub (Eastwood)

Tel: 0115 9773742

Broxtowe South Family Hub (Chilwell)

Tel: 0115 9773743

Gedling Family Hub Network

Email: FHGedling@nottsc.gov.uk

Gedling North Family Hub

(Arnbrook) Tel: 0115 9773752

Gedling South Family Hub (Netherfield)

Tel: 0115 9773751

Mansfield Family Hub Network

Email: FHMansfield@nottsc.gov.uk

Mansfield South/East Family Hub (Ravensdale)

Tel: 0115 9773740

Mansfield North Family Hub (Mansfield Woodhouse)

Tel: 0115 9773765

Mansfield West Family Hub (Ladybrook)

Tel: 0115 9773763

Newark & Sherwood Family Hub Network

Email: FHN NewarkSherwood@nottsc.gov.uk

Newark Family Hub (Hawtonville)

Tel: 0115 9773745

Sherwood Family Hub

Tel: 0115 9773744

Ollerton & Boughton Family Hub

Tel: 0115 9773747

Rushcliffe Family Hub Network

Email: FHRushcliffe@nottsc.gov.uk

Rushcliffe Family Hub (Bingham)

Tel: 0115 9773749

Attend groups in the community / at your local Family Hub.
For information on groups take a look at Nottinghamshire
Family Hub Network [Nottinghamshire Family Hub Network](#)



Nottinghamshire
Family Hub

Useful websites



[Best Start in Life health advice - NHS](#)



[Your Notts Directory](#)



[Health for Under 5s](#)



[Language for Life](#)



[Start Talking Together](#)



[Nottinghamshire Family Hub Networks](#)



[Nottinghamshire Healthy Family Teams](#)



[Home - Starting Reception](#)



[Nottinghamshire Families Information Service](#)

[Nottinghamshire Families Information Service](#) has lots of information for parents including support to find childcare and things to do with your child to help their play and learning. You can also find it on Facebook and Instagram, search: Nottinghamshire Families Information Service.



[Find out more details about your local SEND offer](#)

Find out more details about your local SEND offer on [Your Notts Directory](#)



[Home - Ask Us Nottinghamshire](#)



[CBeebies Parenting](#)





Family Hub Network Facebook

Gedling -

[FamilyHubNetworkGedling/](#)

Rushcliffe -

[FamilyHubNetworkRushcliffe/](#)

Broxtowe -

[FamilyHubNetworkBroxtowe/](#)

Newark and Sherwood -

[FamilyHubNetworkNewarkandSherwood/](#)

Bassetlaw -

[FamilyHubNetworkBassetlaw/](#)

Mansfield -

[FamilyHubNetworkMansfield/](#)

Ashfield -

[FamilyHubNetworkAshfield/](#)



[Nottinghamshire](#)
[Families Information](#)
[Service Instagram](#)



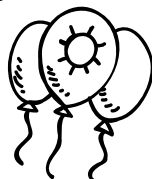
You can also
follow the Healthy
Family Team on
social media
via the following
channels:

Healthy Family
Team on

 [Facebook](#)

 [instagram](#)

 [X](#)



DBP 9245

Nottinghamshire Family Hub Network

Helping families get the right support at the right time



**Nottinghamshire
County Council**

NHS
Nottinghamshire Healthcare
NHS Foundation Trust