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# Start for Life

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Our Family Hubs are the home of our Start for Life offer. This is a range of services which support parents to be, children and families in the first 1,001 days of a child's life – from conception right through to two years old.

Support is also available to families of children aged zero to 19, and up to 25 for children with special educational needs and disabilities (SEND).

If you have just had your baby, you can now register a birth on selected Mondays at North Family Hub too.

Planning a pregnancy

During pregnancy and birth

First few weeks with baby

Babies aged 6 to 8 weeks

Babies aged 8 to 12 weeks

Babies aged 3 to 4 months

Babies aged 6 to 12 months

Children aged 1 to 2 years

Start for Life offer

Feeding your baby

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