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Start for life offer

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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).

Start for Life offer

We have put together a Start for Life offer to provide you and your family with everything you need to know from pre-pregnancy, throughout pregnancy and birth, all the way through until your child turns two years old.

Our Start for Life offer contains the activities, services and sessions that are available to parents and carers at the hubs, and information on how parents and carers can access them.

This includes sessions supporting:

- Early language development
- Infant-feeding advice and specialist breastfeeding support
- Parent infant relationships and perinatal mental health
- Parenting support
- Midwife appointments and health visitor drop-ins

Have your say

We need your voice to help us provide the best for you and your family and to help us shape the services offered through the Family Hubs.

Our [Parent and Carer Panels](#) offer the chance to come together and share experiences on different services and activities for families in your local community.

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