

Session 8: Next Steps

In this section we will talk about:

- What can I do next?
 - Did we meet your expectations?
 - Reviewing the contract
 - What now? - Agreeing future support
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The things I want to know more about are:

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What Can I Do Next?

If you have enjoyed learning about caring for your baby and looking after yourself from this workbook, you can learn more..

In each area your Health Visitor will be running a class after your baby is born, this will include:

- Help and advice about feeding your baby
- Practical skills- Holding, cuddling bathing and dressing
- More information on Attachment & Bonding and Play
- Contraception in the future
- How to keep your baby safe and stop accidents
- Common Childhood illnesses- What to look out for
- How to Wean your baby & Family mealtimes



Talk to your Health Visitor about the support that is available to you after your baby is born.

Children Centres

What are they?

Children's Centres are places where all parents with young children can go to find out about anything to do with families all under one roof. Children's Centres provide different things for different people, sometimes in a Children's Centre building and sometimes in a community venue.

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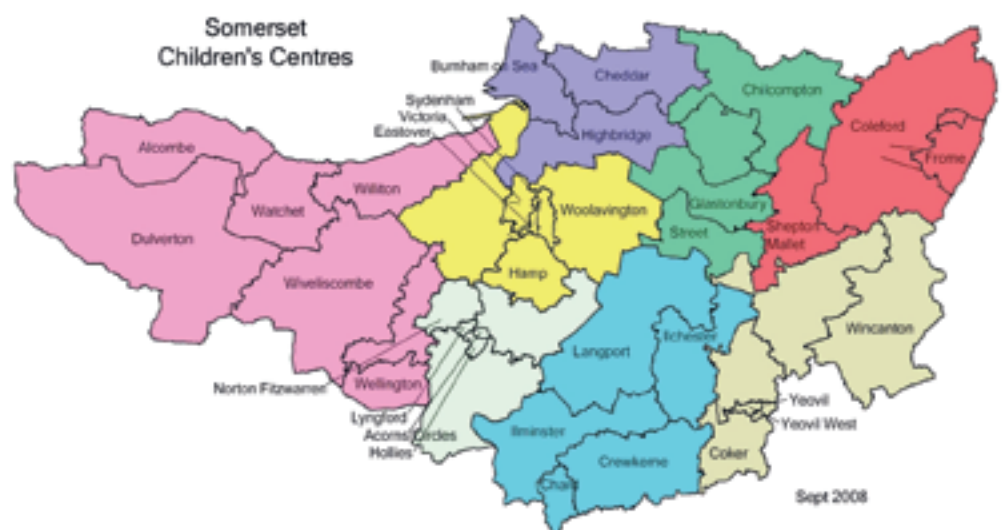
Different Children's Centres offer different things and most of this is free. There are a range of different groups and activities and you can choose which group or activity is best for you and your baby. Most Children's Centres offer groups where you and your baby can go and meet other parents with similar aged babies and be involved in activities such as messy play or baby massage. Your baby is never too young to attend and will probably enjoy the experience.



Not everyone likes to go to groups and that is ok, sometimes it is easier if you bring a friend or relative with you. Children's Centres have friendly and approachable staff who can help you by providing information about any parenting question you might have, and if you would like you can talk to a family support worker who will answer your questions in a non judgemental way. If you want to think about returning to college or other training courses the Children's Centre can also help support and guide you. They can help you with information and applying for grants and bursaries to help with the cost of this. Children's Centres can also help you find transport and childcare.

Children's Centres are a good source of information and are a great place to meet new people and make new friends too! ...and if at any time you need a bit of extra help, Children's Centres all offer some one to one support just for you from one of their family support workers.

Your Health Visitor can help you make contact with your local Children Centre.



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Reviewing the Contract

Did we do what we wanted to achieve?

What did you do?

What did I do?

Did you find this workbook useful?

Have you found the support you have received useful?

Is there anything else you would like to have more information about?

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Did we meet your Expectations?

We said we would aim to provide a service that was:

- Non-judgmental
- Information but not overloading
- Respectful
- Enthusiasm and commitment
- Non patronising
- Acknowledgeable team
- Tailored for you
- Someone who will listen/hear
- Right support at the right time
- Confidential

How did we do?



Comments

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The New Contract

What support will you need in the future?

How often will we meet?

Where will we meet?

How long will each contract last?

What will you do?

What will I do?

Is there anything we should focus on first?