

Bolton Start Well Service

Useful Information
for Parents





15 hours free childcare for 2 year olds

Good quality childcare can really help your family by:

- Offering your child lots of fun, exciting and challenging activities
- Supporting your child's development
- Encouraging your child to build relationships with other children and adults
- Helping your child to develop their language and social skills by mixing with other children
- Having opportunities for you to meet other parents and families
- Giving you the time to spend with younger children; get back into work; or go to college

Because good quality early education is so important for children, the Government has made free places available for some 2 year olds to have free early education for 15 hours a week for 38 weeks a year- there is an eligibility check for these places.

There are lots of different places where you can access these places.

These include:

- Childminders
- Nurseries (in schools and private nurseries)
- Pre-school playgroups

**For more information about childcare and services for your family, you can contact your local Families Information Service: Tel: 01204 332170
email: families@bolton.gov.uk**



What are Start Well Centres?

Start Well Centres are places where families with children under the age of five years can share the joys and challenges of parenthood.

They offer a range of activities and integrated support services to help you with every aspect of parenting so your child gets the best possible start in life. During the Covid pandemic, our centres are only open for a restricted range of services

However, our Start Well Child and Family Workers are still available to support families and parents-to-be around a whole range of topics, including supporting your child's development and learning, via telephone and video chat.

Facebook

In addition, we offer online digital access to your favourite sessions via Facebook.

<https://www.facebook.com/groups/BoltonStartWellatHome>

The Citizen's Portal

To check your eligibility for a range of funded childcare for 2, 3 and 4 year olds, visit Bolton's Citizen's Portal.

https://ems.bolton.gov.uk/CitizenPortal_LIVE/en

And if you find you are eligible for free hours, call Families Information Services on 01204 332170, who can advise you of the available options in your area.

UNDERSTANDING YOUR CHILD
SOLIHULL APPROACH



NHS

NHS
Bolton
NHS Foundation Trust

ONLINE courses FOR PARENTS FREE across Bolton

Written by Psychologists,
Psychotherapists, Health Visitors
& NHS Professionals

Part of the Solihull Approach series
9 Modules, Lifetime access
Available 24/7



**Access Code:
RIVINGTON**

Go to www.inourplace.co.uk
Apply the 'Access Code' for FREE access!
Fill in some details to create an account
To return to the course(s) go to
www.inourplace.co.uk and sign in!

UNDERSTANDING YOUR CHILD (0-19 yrs, main course)



For everyone around the child:
Mums, Dads,
Grandparents,
friends and relations...

SolihullApproach

www.solihullapproachparenting.com www.inourplace.co.uk

For technical support contact: solihullapproach@heartofengland.nhs.uk
or 0121 296 4448 Mon-Fri 9am-5pm

... for a **better** Bolton

What's on for Expectant Parents?

Antenatal Clinics

Antenatal clinics across all of our centres are bookings only, through your midwife.

Venue	Days	Time
Alexandra Start Well Centre	Monday to Thursday	9:00am – 5:00pm
Farnworth Start Well and Young Peoples Centre	Monday to Friday	9:00am – 5:00pm
Harvey Centre	Monday to Friday	9:00am – 5:00pm
Oldhams Start Well Centre	Monday to Friday	9:00am – 5:00pm
Oxford Grove Start Well Centre	Monday to Friday	9:00am – 5:00pm
Tonge Start Well Centre	Monday to Friday	9:00am – 5:00pm
Winifred Kettle Centre	Monday to Friday	9:00am – 5:00pm

Breastfeeding support

Support and advice from your Public Health nursing team.

Contact the infant feeding support team on 01204 462339 for advice and to make an appointment.

Well Baby Clinics

Well Baby Clinics are currently by appointment only.

Call 01204 462902 for more information and to make an appointment.

Healthy Start Voucher Scheme

Are you expecting a baby, or have a child under 4?

You may be entitled to vouchers for

- free fresh and formula milk,
- free fresh and frozen vegetables.

For details on how to apply and more information, follow the link below

<https://www.healthystart.nhs.uk/>

... for a **better** Bolton

What's online for Parents?

Bolton Start Well on Facebook

Join us on Facebook.

Search for Bolton Start Well and follow the links to the Bolton Start Well at Home group for parents of young children in Bolton.



Group by Bolton Start Well
Bolton Start Well at Home
Private group · 537 members



+ Invite

We offer an online timetable of sessions to mirror the classes we were running in our Start Well Centres.

Song & Rhyme Time

Every day at 1:30pm

A range of songs and actions every lunchtime for young children of all ages. Encouraging your children to sing rhymes, using action and sounds, supports their hand/ eye co-ordination. Children love the interaction from you with them and gives them confidence whilst also introducing new words.

Suitable from birth to early school age

Hey, Hey, Let's Play

Monday at 10:30 am

Fun with targeted activities which help you and your child to enjoy playtime, whilst focusing on the golden rules of communication.

For babies from 1 onwards

Jumping Beans

Tuesday at 10:30 am

This physical interaction session is designed to provide fun activities for children from when they begin to walk confidently until approximately 30 months old. You and your child will explore ways to get moving whilst developing their listening skills, using items found around the home.

Six weekly sessions, for toddlers from around 18 to 30 months

Teddy Bears Picnic

Tuesday at 4:30 pm

These sessions show you how to establish good routines and encourage positive behaviour in your toddler, demonstrated by our family support workers and their teddy bears.

Suitable for families with children under 4 years

Explore, Play & Learn

Wednesday at 10:30 am

Play and learn sessions for you and your child to share some exciting activities for playing and learning at home.

For toddlers from around 18 months

Healthy Families

Wednesday at 4:30 pm

The Healthy Families Team offer advice and support for families around various topics relating to your child's health and wellbeing and safety in the home.

For families with children of all ages

Shake, Rattle & Roll

Thursday from 10 am

A fun and active music and movement session for babies and toddlers.

For babies (from 11am) and toddlers (from 10am) via Zoom

Busy Babies

Thursday at 10:30 am

Talking with your baby is one of the most important things you can do. At these sessions you will enjoy hints and tips, with simple activities and songs, around developing your baby's listening and attention skills, and their communication and language.

Six week course, for babies from birth to around 17 months

Little Explorers

Friday at 10:30 am

Fun sensory activities for babies on the move, both inside the home and out.

Four weekly sessions, for babies from 1 to 2 years

5 Golden Rules for Communication

Actions Speak Louder than Words

Use actions, facial expressions and tone of voice to help children understand and make new words stand out.



Mime having a drink from a cup to your child for **“drink”** whilst saying **“you want a drink?”**

Model and Extend

Whatever stage a child is at, repeat what they do or say and add one word.



For example, your child points to a car, you say **“car”**. Your child says **“car”**, you say **“red car”**. They say **“red car”**, you say **“yes, big red car”**

Eye to Eye

Get down on the child’s level so you can see their face and they yours.



Sit on the floor with your child or sit your child on your knee.

10 Seconds

Wait 10 seconds, watching and listening to give the child a chance to take a turn.



A or B

Offer choices as often as possible throughout the day. Show and name the alternatives.



Count to ten slowly in your head.



For example, **“Do you want apple or banana?”**

Amazing facts

A baby will respond differently to different voices. They recognise their Mum’s voice from birth and can work out where a sound is coming from just 10 minutes after being born. Babies can also tell the difference between a happy voice and an angry voice from 6 weeks.

Sharing stories and singing nursery rhymes help to develop the connections in children’s brains. These grow at the fastest rate up to two years old and the brain reaches 60 percent of its adult size by baby’s first birthday.

Children use the same muscles for chewing and swallowing as they do

for talking so moving to free flow cups and different textures when your child is ready for weaning will help their talking.

Learning more than one language has many benefits for young children. For example, they have more brain connections and activity in the areas of the brain related to memory, attention and language. These have long term benefits for learning and life chances.

If you want more information or advice about any areas of communication, please contact your Health Visitor or the Start Well team.

For more information or support, please contact:

Bolton Start Well **Tel:** 01204 338149 **Email:** BoltonStartWell@Bolton.gov.uk



Produced in association with:

Useful numbers

Bolton Council

Call 01204 333333

Families Information Service

Call 01204 332170

NHS Healthy Families Team

Call 01204 463175

Bolton at Home

Call 01204 328000

8am - 5.30pm, Monday - Friday

Bolton Community Midwives

Call 01204 390023

Well Baby Clinics

Call 01204 462902

to book an appointment

Samaritans

Call 116 123 (24 hours)

Childline

(for children in trouble or danger)

Call 0800 1111 (24 hours)

National Domestic Violence

Helpline (England)

Call 0808 2000 247

(24 hours)

Victim and witness support

Call 01204 399736

(10am-4pm, Monday-Friday)

Women's domestic violence

helpline (Manchester)

Call 0161 636 7525

10am-4pm, Monday-Friday