

# Birmingham Family Hubs - Newsletter



BIRMINGHAM  
CHILDREN'S TRUST



## Newsletter Highlights

Partnership working is key

Working towards a breastfeeding friendly city - infant feeding

Resources already available to families

### Partnership Working

The need for effective, joined up working is ever more essential both to deliver organisational efficiencies and the best outcomes for families in Birmingham. The Family Hubs programme has partnership working at the heart of everything we do as it is a collaboration between the **City Council**, **Birmingham Children's Trust**, **Birmingham Voluntary Services Council**, **West Midlands Police** and the **NHS**.

We are also working with colleagues in the **Insight, Policy and Strategy (IPS) Team** to improve the outcomes for children and young people in Birmingham by working closely together on data. The sharing of data, with a wide range of partners across and beyond the city provides a 'single source of the truth' about Birmingham. Using the City Observatory run by the IPS team, we have a shared understanding of our city's issues.

We are also working closely with our colleagues in **Early Intervention and Prevention**, in Adult Services. We are joining up work on Family Hubs, Best Start for Life and 'Help in Brum' which all offer citizens practical family support. We are aligning our Communications so that families can find the help they need quickly and easily and in one place, no matter who is it comes from.

We are also very much part of the **Change for Children and Young People's Plan**, and working with colleagues as we work towards becoming a UNICEF Child Friendly City.

Have a look at our 'Best Start for Life' website which provides support, advice and guidance; please comment via our survey if you wish to <https://forms.office.com/e/4gqS8SB1yz>.

If you want to know more about Family Hubs, please email [familyhubs@birmingham.gov.uk](mailto:familyhubs@birmingham.gov.uk)

# Supporting Infant Feeding in Birmingham

Birmingham has a lower breast feeding rate than the national average; 65% of babies' first feed is breastmilk, whereas the national average is 71%. This rate drops yet lower as women are sent home from hospital.

Not all women are able to or want to breastfeed, but where infant breastfeeding is possible, it can lead to better health outcomes for mothers and their children.

The Infant feeding team held its first city-wide workshop in July where we explored how to make Birmingham a better breastfeeding city in which to live and work.



Infant feeding is one of its four main workstreams of the Family Hubs programme. It attracts additional government money which will provide new resources in the city. Family Hubs is planning to support infant feeding in the following ways.

- Boost infant feeding staffing resource in maternity services
- Commission the development of a coproduced infant feeding strategy
- Offer a better support pathway for parents including:
  - A new community peer support offer
  - Setting up of additional community breastfeeding help and support
- Breast pump loans (already underway)
- Creative initiatives to develop ourselves as breastfeeding friendly places to live and work

Birmingham is also working to adopt the UNICEF UK Baby Friendly Initiative. This enables public services to better support families with feeding and developing close and loving relationships so that all babies get the best possible start in life.

**If you want to know more about this work or get involved, please contact [joann.bradley@birmingham.gov.uk](mailto:joann.bradley@birmingham.gov.uk)**

# Resources already available to families - a reminder

Family Hubs is already offering resources for parents, carers and professionals to access for free:

## The Solihull Approach – free online Parenting Courses

The Solihull Approach offers a range of free online courses for parents/carers and professionals covering a wide range of subject from conception to parenting 19 year olds. Birmingham City Council has bought the licence to the course (worth £88 each) for everyone in the City. Just use the word 'COMMUNITY' as the password.

- The evidence based courses range from 'Understanding Your Baby' to 'Understanding the Teenage Brain' and include help with children and young people's mental health
- There are additional courses for children and young people with special educational needs and disabilities
- The courses have been developed with practitioners and parents since 1996



## The EasyPeasy App – free resource for professionals and families

The EasyPeasy App brings together the best ideas, advice, and inspiration from a global community of parents, experts, and parenting brands for parents and their 0-5 year olds.

- EasyPeasy has partnered with the Department for Education and Speech and Language UK to give families in Birmingham the skills and tools they need to support children's speech, language and communication development as part of the Talk and Play Project
- Early years providers, local partners and families have free access to the EasyPeasy App.
- The App provides families with premium access to thousands of tips, advice, activities and inspiration from a global community of early years experts, partners and other parents and carers.



# Resources already available to families - a reminder

## Things to Do in Birmingham before you are 5 – free App to help with home learning and language development

50 Things to Do helps parents/carers develop their home learning environment so that far more children thrive by the age of five. As a result, more children develop the skills, language and resilience needed in school and beyond.

- A menu of exciting activities for families with young children, giving them great suggestions for how to have fun and learn at the same time.
- Parents and carers will be helping their children to have exciting life experiences, developing confidence and a passion for learning new things, recognising the vital role that they play in helping to realise their children's potential
- The initiative is based on the simple notion that access to life-changing, fun, low or no-cost experiences with your family, indoors and outdoors, is a great way to support young children's development.

*Download the App from App stores or via the website linked above*



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### First Words Together:

Parents and carers can head to the National Literacy Trust's [Words for Life website](#) and discover five tips to help your baby learn to talk.

These are fun activities that you can fit into your day-to-day life and will help your toddler learn their first words. As part of the First Words Together programme, sessions are taking place across the city for parents and carers to learn and practice the tips in person.

A full list of venues can be found on the same webpage: <https://wordsforlife.org.uk/activities/how-to-encourage-baby-to-talk/>

**First Words  
Together**