



# FLYING START

You and your child's journey with us



Bwrdd Iechyd Prifysgol  
Betsi Cadwaladr  
University Health Board



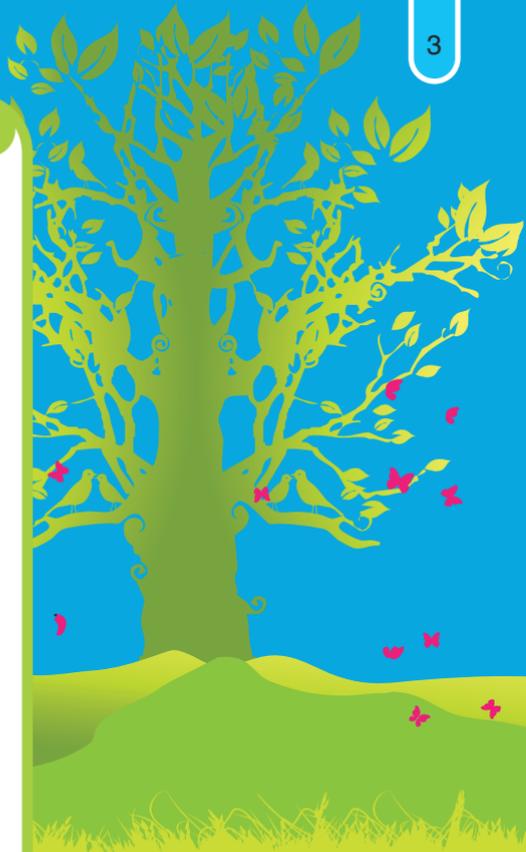


## INTRODUCTION

This little booklet gives you and your child a colourful look into what's on offer with Flying Start from pre-birth to 4 years of age.

How we separate ages:

	Pre-Birth	
	Baby	0-1 year
	Tweenie	1-2 years
	Toddler	2-3 years
	Pre-school	3-4 years
	Flying Start Extras	0-4 years
	Family Support	0-4 years



### Midwifery

One to one sessions to discuss all aspects of pregnancy, labour and preparation for parenthood. Mums and Dads are both welcome.



### Ante-Natal Clinic

A midwife is available for pre-conceptual, ante-natal and post-natal advice. You don't need to book an appointment.

### Bumps to Birth

Bumps to Birth is an opportunity for prospective parents to discuss the process of normal labour and the pain relief methods available to them. There is an information session on the care of your new baby and pros and cons of breast feeding.

**Health Visiting**

Your Flying Start Health Visitor will be able to support you leading up to the birth of your child and the following 4 years, until your child starts school. They will inform you about other Flying Start services that are available to help you along your journey as a parent.

**Baby Massage**

Baby Massage promotes bonding between baby and parents. It promotes relaxation, reduces discomfort from colic and helps to develop your baby's first language, which is touch.

**Clinics**

Baby Clinic - A Health Visitor is available for individual advice on your child's growth and development at each session

Breast Feeding Clinic - A Health Visitor or Midwife is available at each session to offer informal and friendly advice. Come in and have a chat in a happy and supportive environment.

### Baby's First Year

A small supportive group exploring the developmental milestones in your baby's amazing first year of life.

### You Make the Difference

This is a 9 week programme to help parents recognise the important role they play in their child's learning and development during everyday activities. Each family has a DVD of themselves and a guidebook to keep at the end of the course. Please speak to your Health Visitor if you would like some support to encourage your child's social communication and language development.



Baby

### Early Years Support

The Early Years Team offer a range of support in your home to meet the individual needs of you and your child. We encourage parents to join in with their children's play during our sessions; activities include free play, arts and crafts, role play, messy play and much, much more.

### Mini Movers

Soft play sessions for under 2's. Promotes co-ordination and balance, social and listening skills, through play.

### Nurturing Programme

The Nurturing Programme promotes the emotional health of all adults and children, helping them fulfil their potential in every aspect of life. It supports positive behaviour in children and the emotional needs behind their behaviour.

### Benefits of Childcare

Attending childcare can add to what you already do at home to help your child learn and develop to their full potential. Your child will have the opportunity to communicate and talk with other children and adults, enjoy learning whilst playing, confidently try new things and practice new skills.





### Free Childcare

Children are offered the opportunity to go to the childcare setting of their choice within the Flying Start area for 12½ hours a week throughout each school term. We offer a variety of settings and both English and Welsh Medium are available. Children will start the term after they are 2 and will finish the term after they are 3.



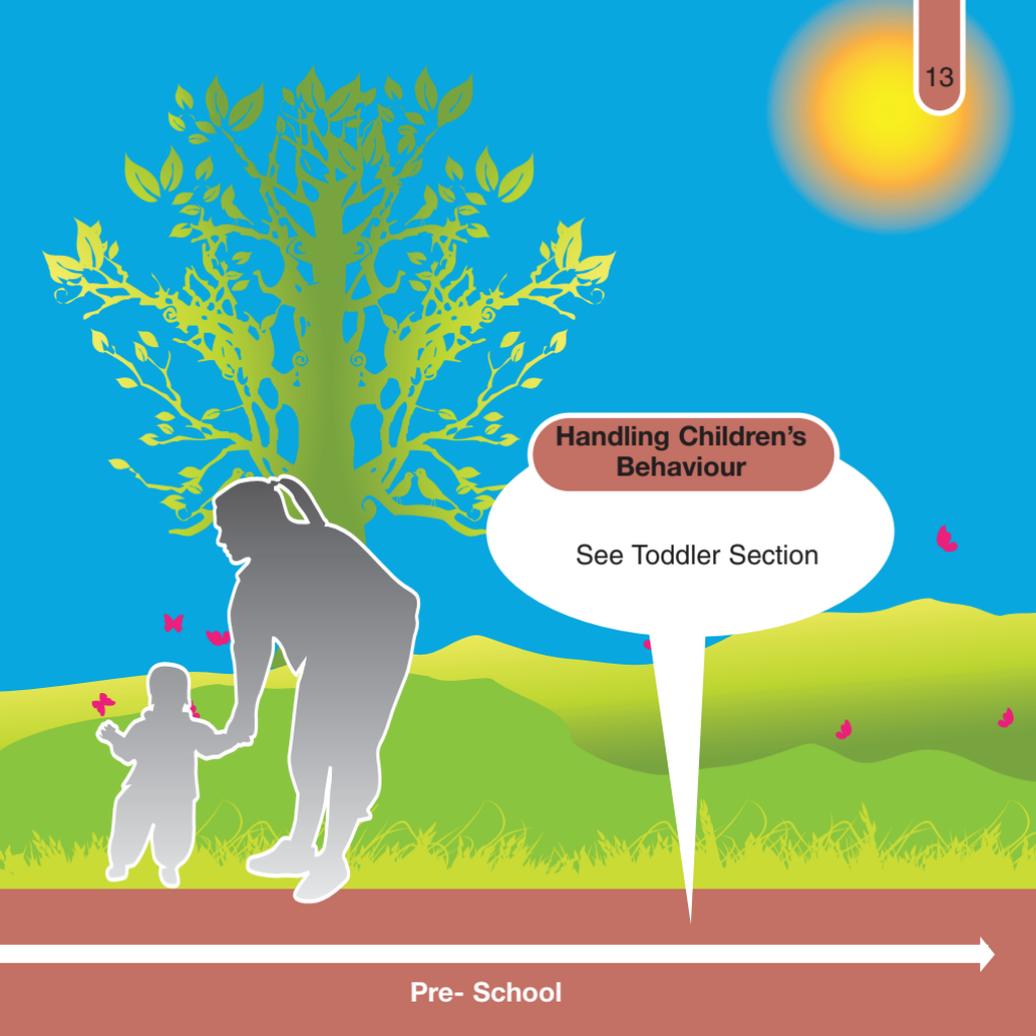
### Handling Children's Behaviour

An 8 week positive parenting course facilitated one to one in the home and/or in small groups, building self-confidence, self-esteem and increasing understanding of child development and behaviour management.

**Nurturing Programme**

See Tweenie section



A stylized illustration of a parent and a child walking in a park. The parent is a grey silhouette on the right, holding the hand of a smaller grey silhouette of a child on the left. They are walking on a path. In the background, there is a large green tree, rolling green hills, a bright yellow sun in a blue sky, and several pink butterflies. A white speech bubble with a brown header is positioned to the right of the figures.

## Handling Children's Behaviour

See Toddler Section

A stylized illustration of a child in silhouette holding a string of five balloons (red, orange, yellow, green, and blue) in front of a large, leafy tree. The scene is set in a bright, sunny landscape with rolling green hills, a blue sky, and a large yellow sun. Small pink butterflies are scattered throughout the scene. A speech bubble on the right contains text about 'Pop in and Play'.

### Pop in and Play

Pop in and Play is a free friendly meeting place for Flying Start Families. This enables them to play, socialise and share experiences in a fun and safe environment.

### Rainbow Drop in

Our drop in for families with children with special and additional needs. Share advice and support with other parents in a relaxed atmosphere.



## Family Fun Days

We provide Family Fun sessions throughout the school holidays for our Flying Start Families. These are held at various locations in the Vale. Activities include Easter Egg Hunts, Sandcastle competitions, Pop in and Play sessions and much, much more!



**Walk and Talk**

Walk and Talks takes us out and about in Barry. It offers opportunities for children to communicate thoughts, feelings, ideas, intentions and plans. This involves hearing, understanding and using language and communication. The walks are pushchair friendly but children are encouraged to walk as much as possible so the pace is “toddler pace.”



## Parenting

Flying Start aims to promote the development of positive parent/carer and child relationships. Our parenting team provides advice and support for all Flying Start families this includes one to one sessions in the family home and working together in small groups



### Essential Skills

Would you like the opportunity to improve your Maths and English? Our basic skills tutor runs weekly classes for Flying Start Families or if you prefer on a one to one basis in your own home.

### Get Cooking

Our Get Cooking courses provide hands on practical cooking experience. They promote basic cooking skills and advice on healthy eating.

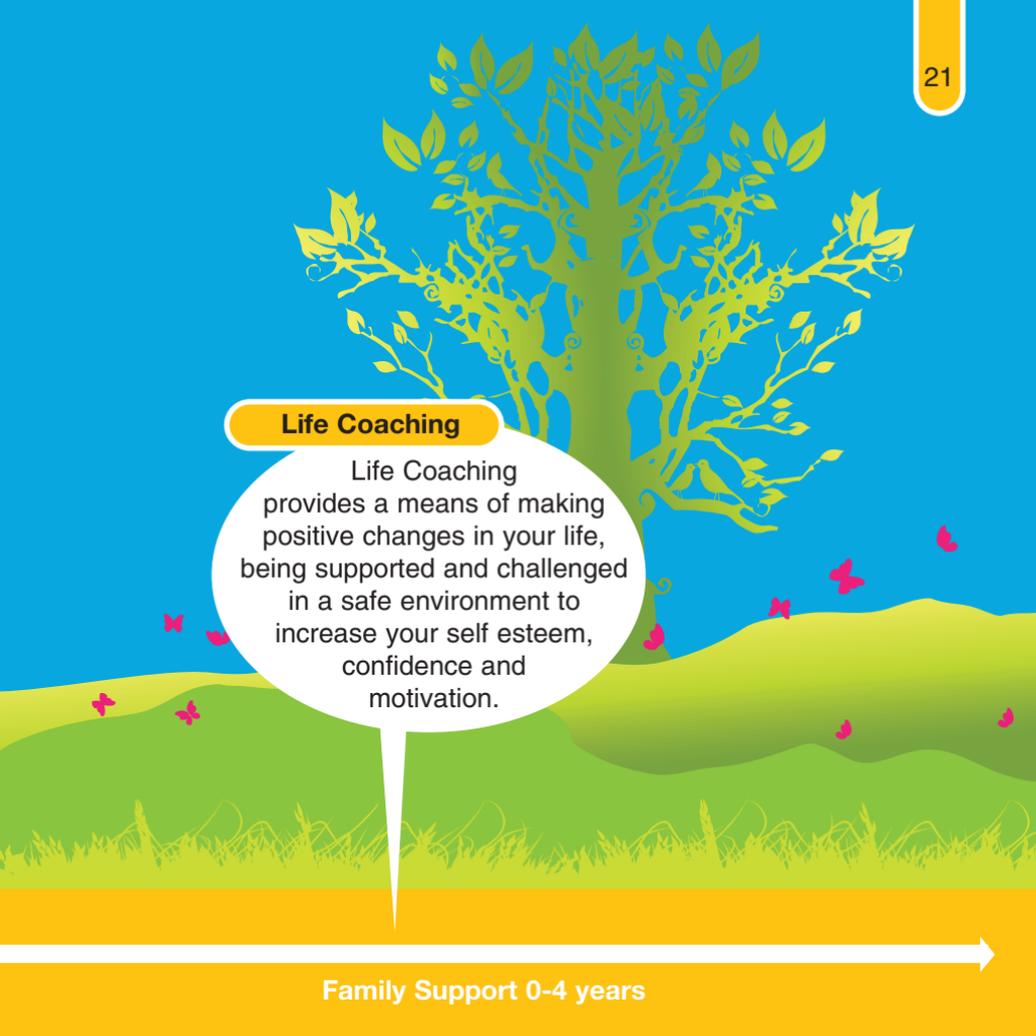


### Men Behaving Dadly

A group for dads; bring your children to play, have fun and talk with other men about the important things for you and your family.

### Home Safety Advice

We provide free accident prevention advice for you and your family.



### Life Coaching

Life Coaching provides a means of making positive changes in your life, being supported and challenged in a safe environment to increase your self esteem, confidence and motivation.



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