

Welcome to...

Your Child's First Two Years



A guide to your baby's first 1001 days

Conception to two years

Small steps to achieving a bright future

Commissioned by:



This guide is designed to support you
through the first two years

of life.



You can help your baby by:

- Looking after yourself
- Establishing a good support network
- Recognising and talking about your feelings and emotions
- Allowing enough time to sleep, relax and play
- Getting to know your baby



This booklet aims to guide you and your child on an exciting journey to prepare them for their early years education. You will find top tips and checklists throughout to help you and your child.

Support, advice and guidance

If you would like more information or have any questions after reading this booklet, you can contact your local Healthy Family Team or Children's Centre. Their details are on the back page.

Your Healthy Family Team and Children's Centre are made up of professionals with a background in:

- Antenatal Support
- Infant Feeding Advice
- Child Development
- Family Support
- Speech and Language Development



Useful websites

www.nottinghamshirehealthcare.nhs.uk/language-for-life

www.nottinghamshirehealthcare.nhs.uk/ccs

www.nottingham.oralhealth.com

www.nhs.uk

Nottinghamshire Families Information Service has lots of information for parents including support to find childcare and things to do with your baby to help their play and learning. See www.nottshelpyourself.org.uk for more details or you can find it on Facebook: - Nottinghamshire Families Information Service

This guidance is not intended for children with complex needs. Please contact your Healthy Family Team for support and information.



Antenatal

- Now is a really important time to get to know your baby - if you are starting to pick up on your baby's cues during pregnancy this will help you to respond to their needs once they are born. This makes baby feel safe and secure and promotes brain development.

- Start to think about how you are going to feed your baby - this is one of the most important decisions to make and you may want more information to help you decide. If you need further information about your feeding choices your health professional can support you.



- Breastfeeding offers many health benefits including reduced risk of tummy bugs, ear and chest infections and obesity for babies, as well as reduced risk of breast and ovarian cancer and osteoporosis for mum.

- Breast milk is unique for each baby, containing live substances which offer immediate protection against infections and helps other nutrients be absorbed more easily. Babies have small tummies, and need to feed often.



Antenatal top tips



- Talk or sing to your baby - they will start to recognise your voice.
- Stroke your bump and be aware of baby's movements.
- Think about how your baby is growing, what stage they are at now, what they may look like.
- Give your baby a name - this may be a nickname such as Peanut or it may be the name you have chosen for when they are born.
- Prepare for baby's arrival by getting necessary equipment ready.
- Involve partners and siblings too! They need to feel part of this expanding family.
- Find out as much as you can about feeding your baby - you can speak to your Healthy Family Team or Children's Centre staff
- Ask about antenatal sessions - your midwife may hold some, or your Healthy Family Team may run sessions to help you make decisions and prepare you for your new baby.
- Who knows better about what to expect in the early days than a mum who is going through the same journey. Why not come along to a BABES (Baby and Breastfeeding Encouragement Support) breastfeeding group to talk to other mums about their experiences.



The first weeks with your baby

- New babies have a strong need to be close to their parents. Lots of cuddles, love and comfort will help you and your baby to feel happy and healthy.
- Holding, smiling and talking to your baby will release 'oxytocin' enabling you both to feel happy and secure (and promote baby's brain development).
- Spending time holding your baby close, looking into their eyes, talking to them and having skin-to-skin contact will help you both feel happy and secure.
- Give yourself time to adjust to becoming a new parent.
- Try not to worry, you will soon settle into the new routines having a baby brings.



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The first few weeks top tips



First few weeks, help and support:

- Register your baby with a GP (ready for their 6 week check and future immunisations)
- Your local Healthy Family Team are there to help and advise - see back page for details on how to contact your local team
- Complete and refer to your child's red book
- Visit your local Children's Centre Service
- Access self weigh facilities where you can weigh your baby - available at various venues throughout your area.
- If you suspect or have concerns about your or your baby's health, always seek medical advice.



By 6 months your child will be...

- Establishing a good feeding routine.
- Responding to your face and voice.
- Starting to move around by rolling and wriggling.
- Reaching, grasping and focusing on people and objects.
- Making noises that you will begin to understand.
- Be enjoying cuddles to make them feel safe and secure.

Children develop at their own rates and in their own ways



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By 0 - 6 months top tips



- Make feeding times relaxed and enjoy the experience
- Babies love faces. Hold baby close and talk, sing and smile
- Regularly provide opportunities for baby to kick and stretch freely on their tummy and back
- Encourage babies to explore the space near them by putting interesting things beside them
- Chat to your baby by copying the sounds and babbling noises they make
- Cuddle baby and let them see your face and hear your voice, when they're grumpy, tired or hungry

Checkpoint:

At around 6 months think about taking your baby along to the dentist with you.

Contact your local Children's Centre, they hold lots of information about groups and activities you can attend.

At 6 months you will be starting to wean your baby, your Healthy Family Team and Children's Centre can help.



By 12 months your child will be...

- Weaned and eating a varied diet.
- Getting their first teeth.
- Using some single words, lots of babble and some gestures.
- Pulling up on furniture/sitting unaided, and might be starting to take some supported steps.
- Mobile: crawling or bottom shuffling.
- Enjoying sensory experiences.
- Holding objects such as a crayon, spoon etc.
- Enjoying cuddling with you, stroking your face and smiling at you.
- Feeling sad when you leave them but cuddles with another familiar adult will help.



By 12 months top tips



- Use available weaning advice and offer a varied diet www.nhs.uk/start4life
- Your Healthy Family Team will invite you for an 8 - 12 month check
- More immunisations are now due
- Register with a dentist for an appointment
- Singing songs and nursery rhymes, especially with actions
- Attend groups in the community/Children's Centre
- Use dummies for sleep times only
- Use stair gates, safety catches and locks to prevent accidents
- Provide a range of everyday objects for baby to explore such as treasure baskets
- Provide lots of cuddles and have special time "just you and me"

Your local Children's Centre has lots of information

www.nottinghamshirehealthcare.nhs.uk/ccs



For advice about returning to work visit:

www.nottinghamshire.family servicedirectory.org.uk

By 18 months your child will be...

- Pointing at objects to make requests.
- Playing with an activity of their choice for a short period of time.
- Wary of unfamiliar people.
- Beginning to understand yes, no and some boundaries.
- Understanding single words, imitates words and sounds.
- Able to pick up tiny objects using a pincer grip.



By 18 months top tips



- Provide opportunities for your child to make choices
- Explore attending play sessions to enable more learning experiences
- Make social contact experiences with others in play sessions
- Have clear routines and boundaries
- Repeat and extend single words
- Enjoy looking at picture books together
- Provide mark making experience for example paint, playdough



By 24 months your child will be...

- Exploring new toys and environments, but checks in with a familiar adult.
- Walking upstairs when an adult holds hand, and come downstairs backwards one step at a time.
- Starting to put 2 words together, copy familiar expressions, can give and use lots of everyday words which are important to them.
- Sometimes getting cross when they want to do things by themselves, or when they are asked to share a favourite toy.
- Telling you when they need the potty or toilet (or when nappy or pants are wet or soiled).
- ♦ Trying foods and textures and will hold a cup with two hands.
- ♦ Not needing a dummy now.



By 24 month top tips



- Play copying games e.g. using a strainer or metal spoon to bang on the fence.
- Provide opportunities for running and climbing such as soft play materials, or cushions.
- Talk about different sounds outside such as aeroplanes, birds, cars and lorries.
- Show and give choices about things to eat e.g. yogurt or banana.
- Play pretend games with your child and let them help you to share fruit or sandwiches.
- Acknowledge children's feelings by saying "I can see you are cross/upset/sad"; and help them to recognise and deal with these feelings.
- Establish routines for potty training, offer choices for pants, potty or toilet and step and celebrate success. (Don't be concerned about toilet accidents, they will happen).
- Help your child to clean their own teeth.
- Read stories and sing songs with your child.
- Allow children to help themselves, try new foods and attempt to pour a drink with help.



This document is also available in other languages and formats upon request.
Su richiesta, questo documento è disponibile in altre lingue e in altri formati.
Sur demande, ce document peut être fourni en d'autres langues et formats.
Na życzenie, dokument ten można uzyskać w innych językach i formatach.
यह दस्तावेज़ अनुरोध किए जाने पर अन्य भाषाओं और प्रारूपों में उपलब्ध है।
ਇਹ ਦਸਤਾਵੇਜ਼ ਬੇਨਤੀ ਕੀਤੇ ਜਾਣ ਤੇ ਹੋਰ ਭਾਸ਼ਾਵਾਂ ਅਤੇ ਰੂਪਾਂ ਵਿੱਚ ਉਪਲਬਧ ਹੈ।
در صورت درخواست این سند به زبانها و شکلهای مختلف در اختیار شما قرار می گیرد.
یہ دستاویز دیگر زبانوں اور مطلوبہ شکلوں (فارمیٹ) میں بھی دستیاب ہے
هذه الوثيقة متاحة بلغات أخرى وباشكال غير الكتابة المقروءة وذلك عند الطلب

Healthy Family Teams Contact Numbers

District	Appointment Line	Advice Line
Ashfield	01623 557136	01623 557136
Bassetlaw	01777 274422	01777 274422
Broxtowe	0115 883 5500	0115 883 5500
Gedling	0115 993 5582	0115 883 4661
Mansfield	01623 420692	01623 435522
Newark	01636 594839	01636 594809
Sherwood	01636 594839	01623 791025
Rushcliffe	0115 883 7368	0115 883 7361
Infant Feeding Service	0115 883 5032	0115 883 5032
Family Nurse Partnership	01623 784334	01623 784334
Parentline – confidential texting service		07520 619919

www.nottinghamshirehealthcare.nhs.uk/healthy-family-teams

Your local Children's Centre is:

www.nottinghamshirehealthcare.nhs.uk/ccs

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