

Parenting pathway



SUPPORT, SERVICES AND FUN FOR PARENTS IN DUNBAR



A HELPING HAND
FROM BIRTH TO AGE 5...

Parenting pathway

A GUIDE TO SUPPORT, SERVICES AND FUN FOR PARENTS IN DUNBAR



Service

Useful contacts

MATERNITY & HEALTH VISITING SERVICE For baby, at home and at your health centre

The NHS offers a universal service to all parents and children from pre-birth. Within 72 hours of birth your child will have a full health check and you will have received support and advice on how to care for your child and yourself including advice on feeding your child. A health visitor will be in contact with you within 28 days of the birth and you will be informed about immunisation, infant feeding and health checks for yourself and your child.

www.readysteadybaby.org.uk
www.healthscotland.com
Midwifery Team 0131 536 8304
Health Visiting Team 01368 861447

SUPPORT FOR BREAST FEEDING & WEANING For baby, at home and at your health centre

Health visitor and midwife advice and support for breast feeding, other feeding and weaning. The NHS has a national Breast Feeding Support Line: 0300 100 0212. The National Childbirth Trust has an active East Lothian branch with lots of help and support available and Local Breast feeding Support Groups.

www.nhslothian.scot.nhs.uk
www.nceastlothian.org.uk
www.feedgoodfactor.org.uk
Health Visiting Team 01368 861447

BABY MASSAGE For 0-6 months, in halls and community centres

Relaxing for mum and baby. Yes, babies get stressed too being in new environments and they also pick up on your stress. Taking time out together for a massage teaches baby how to relax, and you will relax too.

www.gofsd.org.uk
www.iaim.org.uk
Beth Sibbald 07585 227464

PEEP (Parent Early Education Partnership) For 0-3 years

This fun evidence-based Learning Together programme supports all parents to create the best start for their children by making the most of everyday learning opportunities – listening, talking, playing, singing and sharing stories and books.

www.peep.org.uk
Pauline McLaren 01620 829947

BOOKBUG For 0-4 years, Dunbar Library

Bookbug Sessions are free, fun-filled sessions of stories, songs and rhymes for parents and children, available at your local library or community group.

www.eastlothian.gov.uk/supportfromthestart
Dunbar Library 01368 866060

YOUNG PARENTS GROUP

A group for young parents in Dunbar to meet on a regular basis for mutual support

Community Development Team
01620 827896

RAISING CHILDREN WITH CONFIDENCE For all ages

Have you wondered what makes children tick and how you can support your children to be confident and resilient? Then the Raising Children with Confidence course is for you!

www.growingconfidence.org
Pauline McLaren 01620 829947

PLAY AND TODDLER GROUPS For 0-3 years

Play and toddler groups are a wonderful way for your baby to have fun and be with others, whilst you get time to meet other parents. The Dunbar area has a range of groups available and you can find out about them by visiting the website.

www.scottishfamilies.gov.uk
Early Years Team 01620 827291

DEVELOPMENT CHECKS For 27-30 months

The Health Visiting team will invite you and your child to discuss a range of child development tests and perform some simple checks and observations on the following:

Speech, language and communication, personal, social and emotional development (including behavioural issues), nutrition, growth and weight, immunisations, parental concerns and issues, vision, hearing and oral health, physical activity and play.

www.scottishfamilies.gov.uk
Health Visiting Team 01368 861447

CHILDCARE OPTIONS IN EAST LoTHIAN For 0-5 years

Visit the website to find out about the range of childcare options in East Lothian.

www.scottishfamilies.gov.uk
Early Years Team 01620 827291

DUNBAR READS/COUNTS TOGETHER For all the family

A community campaign to improve children's reading and number skills.

facebook.com/togetherwecount
Dunbar Primary 01368 863773

FIRST STEPS TO SUCCESS Pre-school children about to start nursery

Support to get your child ready for school offered by Dunbar Primary to all new parents.

Community Development Officer
01368 866021

Also available in Dunbar...

THE INCREDIBLE YEARS Free Research-based, proven effective programmes for reducing children's aggression and behaviour problems and increasing social competence at home and at school.	Social work / Family Support workers Health Visitors
TINY TALK Baby signing class. Learn to communicate with your baby before they become verbal, using meaningful hand gestures, using BSL signs.	www.tinytalk.co.uk/paulab Paula Baillie 07599833021
ENJOY LEISURE Discounts available Dunbar Leisure pool has lots on for parents and children!	www.enjoyleisure.com Tel. 01368 865456
AFTER SCHOOL CLUBS After school clubs provide childcare and play opportunities for working parents.	www.scottishfamilies.gov.uk Childcare Choices in East Lothian
HOME-START Home-Start East Lothian recruit and train volunteers to help families with young children. Our volunteers, who know about being a parent, support other parents by visiting them in their own homes for a couple of hours a week.	www.home-start.org.uk admin@homestarteastlothian.co.uk Tel. 01875 616066
NCT A range of pre & post-natal classes are on offer.	www.ncteastlothian.org.uk www.nct.org.uk
CAREFREE KIDS We offer the following services: Safety Equipment Loan Scheme; Advice & Information Centre; and Toy Library - Toys for Girls & Boys	www.carefreekidseastlothian.org Contact 01875 616618