

Parenting pathway



SUPPORT, SERVICES AND FUN FOR PARENTS IN PRESTONPANS, COCKENZIE, PORT SETON and LONGNIDDRY



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A GUIDE TO SUPPORT, SERVICES AND FUN FOR PARENTS IN PRESTONPANS,
COCKENZIE, PORT SETON and LONGNIDDRY



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 74 hours from birth your child will have a full health check and you will have received support and advice on how to care for the child and yourself including advice on feeding the child. A health visitor will be in contact with you within 28 days of the birth and you will be informed about immunization, infant feeding and health checks for yourself and your child.

www.readysteadybaby.org.uk
www.healthscotland.com
Midwifery Team 0131 536 5804
Health Visiting Team 01875 818594

SUPPORT FOR BREAST FEEDING AND WEANING For baby

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 Local Breast feeding Support Groups.

www.nhslothian.scot.nhs.uk
www.nceastlothian.org.uk
www.feedgoodfactor.org.uk
Health Visiting Team 01875 818594

BABY MASSAGE For 0-6 months

A great way to spend time with your baby; you will learn techniques which will help you and your baby to relax while strengthening your bond together. Practise and learn massage skills which can be used throughout their childhood, taught by a fully qualified instructor.

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

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](http://www.eastlothian.gov.uk/supportfromthestart)
Prestonpans Library 01875 810510

<p>PLAY AND TODDLER GROUPS For 0-3 years</p> <p>A wonderful way for your baby to have fun and be with others, whilst you get some time to meet other parents. Playgroups provide a quality play experience for your child whilst you have free time. The Prestonpans area has a range of playgroups and toddler groups available such as Puffin, Sandcastle, Tots & Teens</p>	<p>www.scottishfamilies.gov.uk www.messychurch.org.uk/church/prestonpans-messy-church Early Years Team, East Lothian Council 01620 827291</p>
<p>PATCHWORK EH32 For 0-5 years</p> <p>Parents And Their Children's Health Work is a charitable organisation based in Prestonpans and covers the EH32 catchment area providing health information and play sessions.</p>	<p>www.patchworkeh32.co.uk hello@patchworkeh32.co.uk</p>
<p>RAISING CHILDREN WITH CONFIDENCE For all ages</p> <p>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!</p>	<p>www.growingconfidence.org Pauline McLaren 01620 829947</p>
<p>DADSWORK For all ages</p> <p>An advocacy and support group for fathers.</p>	<p>www.dadswork.co.uk 0131 665 0848 / 07833 741768</p>
<p>ACTIVE KIDS For all ages</p> <p>The outdoors such as parks or nature spaces are great for getting kids active. There are a range of classes to help get kids active at your local leisure centres. Leisure pass may be available if you are on a low income. Active schools also organise a range of activities for early years children.</p>	<p>www.enjoyleisure.com www.prestonpans.com/cuthill.htm www.activeeastlothian.co.uk Enjoy Leisure 01875 824140</p>
<p>DEVELOPMENT CHECKS For 27-30 months</p> <p>The Health Visiting team will invite you and your child to discuss a range of child development and perform some simple checks and observation on the following:</p> <p>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.</p>	<p>www.scottishfamilies.gov.uk Health Visiting Team 01875 818594</p>

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

MOVING ON

If you are thinking of returning to work after a break community learning services can help with advice and support. Musselburgh CAB offer an outreach service in Prestonpans for money and debt advice.

Community learning service
0131 663 4811

Musselburgh Citizens Advice Bureau
(CAB) 0131 653 2748

Also available...**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

The local leisure centre has lots on for parents and children!

www.enjoyleisure.com
Tel. 01875 815483

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

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