



Start for Life Southwark

FAQs

What is Start for Life Southwark?

The Start for Life offer is helping families to give their children the best start in life, with support during pregnancy to the age of 5.

It brings together information on local support and additional support services focused on families with children aged 0-5.

Access to information on local support

Information for parents and carers on the Start for Life offer is available both online and in our Children and Family Hubs.

[Start for Life Southwark webpage](#)

Brings together in one place information on the collection of partnership services in Southwark, as well as helpful advice and useful resources.



[Trained staff in Children & Family Hubs](#)

Information on support available across the Children & Family Hubs network in Southwark is available from trained staff in any hub or centre.

[Baby Buddy app](#)

A free pregnancy and parenting app that provides new and expecting families in Southwark with a digital tool where they can access locally relevant and accurate information during pregnancy and the first year of their baby's life.



Additional support services

The Start for Life offer includes additional support for:

- mental health and wellbeing
- building relationships with your baby
- feeding your baby
- support for children with special needs and disabilities
- making friends and connections
- accessing information, advice and your free childcare offer
- everyday parenting challenges
- early education at home

Start for Life Southwark Core Areas of Support

Infant Feeding

We have great infant feeding support across Southwark's Children & Family Hub network providing new parents with access to **breastfeeding drop ins**, a network of **peer support** and **information and advice** to achieve their infant feeding goals.

Early Language and Home Learning Environment

We have trained staff in all hubs and communities who can provide practical advice and support to help parents create a **rich and resourceful learning environment** for their children.

Our staff can help to understand your child's **early language, communication and social development needs** and can help access the right services and ensure children are ready for school.

Healthy Minds Thrive

We deliver support to parents through the emotional ups and downs of parenting, helping them with their **mental well-being** and to build good **attachment and relationships** with their baby.

We have a dedicated parenting mental health service working directly with parents of 0-2s, as well as trained **well-being champions** on-site in every community offering **practical help and support**.

Parenting Support

Help is available to all parents and carers in Southwark through a wide range of services and support with the **everyday challenges** of parenting a baby or child.

This includes **activities** for parent and child, as well practical tips and resources, targeted **parenting programmes** and **peer support** for all parents including for fathers and co-parents.



Find out more about our
Children and Family Hub
network!

Email: familyhubs@southwark.gov.uk

