



Your local family hubs are:

Hodge Hill:
Dyson Gardens
Highfield Road, B8 3QF

Yardley:
Fox Hollies
419 Fox Hollies Road
B27 7QA

The **Birmingham Family Hub App** offers a variety of advice around all things families. From Under 5s to Puberty, it is a one-stop space to get learn more about how your children will develop. It also has some adult advice, including information on mental wellbeing and more.



The **Easy Peasy App** offers tips, tricks, and techniques provided by a community of parents and professionals, such as different ways to play and interact with your little ones with materials you'd already have at home.

easypeasy

The **Before 5 App** offers you a variety of activities, all made to support your Under 5s development. The activities are about enriching your child's life with materials you already have. It also shows places near you to take your child for Under 5 Activities.

50 before you're
things to do **five**



The **Baby Buddy App** is all about helping you to record your babies development through pregnancy and the first year of life. Get recommendations for new activities as they hit new milestones, and use it as a journal to keep all of your babies information in one place.

baby buddy
by best beginnings

FREE Parenting Groups and Courses
are happening across Birmingham! Find out more about what is happening in your local area by scanning this code:



Please note: This is not a referral form, it is only to share the details of the courses. Do not send any responses as it will not count as a referral. The details on how to refer to the courses will be under each section.

Family Hubs - Get to Know your Child courses (antenatal, postnatal, child and teen)

Empowering Parents, Empowering Communities (EPEC)

The *Being a Parent* programme runs for 8 weeks, including peer support, and is for those with children **aged 2 - 11**. It also offers the opportunity for participants to become upskilled in running these courses.

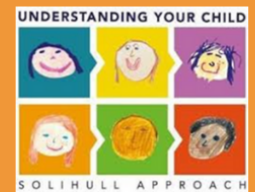


Approachable Parenting

This service has a focus on those of ethnic minorities, with a variety of services available and in different languages.. Family Hubs runs their **8-week 5 Pillars of Parenting, Pregnancy to 3 years** for **new parents or those with younger children**.

Solihull Approach, Understanding Your Child

These are 10 week courses for those with toddlers to teens. They have antenatal (conception until birth) and postnatal (babies up to 9 months) courses available, as well as courses for older children and an extensive **free** online offer, which includes children, adults, teenagers and those with SEND needs.



Free with code 'COMMUNITY'



Family Foundations

Family Foundations is a universal offer for expecting parents/carers from 20 weeks of conception onwards. The course is run as a one day pre-natal workshop and a one day post-natal workshop - you can attend one or both sessions.

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