



THE BEST START FOR YOUR FAMILY IN TRAFFORD

Trafford's Start for Life services support expectant parents, babies, children, and their families to have a great start in life.



GETTING ONLINE

The first 1,001 days—from pregnancy to age two—are important for a child's thinking, emotions, and physical growth.

In Trafford, there are many services and organizations that can help you and your baby.

You can get advice in person, by phone, or online.

There is information on services, organisations and activities for families, children and young people on [Trafford directory](#).

All our libraries offer free WiFi, so you can bring your own device or borrow one from the library. For digital help, you can visit any library or call 0161 912 3189.

We also provide free SIM cards to help you get online. To qualify, you need to be:

- **Over 18**
- **On a low income**

Most Trafford libraries have Databank SIMs for residents who need free data. For more information and how to get your free sim card [click here](#).



TRAFFORD FAMILY HUB NETWORK

Trafford Family Hub Network is a partnership approach where families can get support and access Trafford's "Start For Life" offer in their local neighbourhoods.

If you would like to speak to someone please contact one of our family hubs on

0161 912 2122
or **0161 912 5020**.

- [What's on in North Trafford](#)
- [What's on in Central Trafford](#)
- [What's on in West Trafford](#)
- [What's on in South Trafford](#)

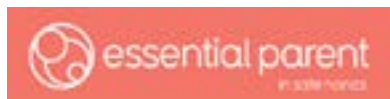
For more information on support available for you and your baby visit [Trafford Start for Life offer - 0-5 years and families.](#)

TRAFFORD'S DIGITAL OFFER

We know that it can be hard to find the right information relevant to you and your baby. Trafford have partnered with Essential Parent to provide a huge range of support for Trafford parents digitally.

If you would like support with something specific please talk to your health visitor who can sign post you to Essential Parent resources. If you would prefer to access a range of support via the app, please download the GM Family Hub app:

- **Android**
- **Apple**



BEFORE BABY ARRIVES (ANTENATAL)

Early access to maternity care is important for you and your baby's health.

If you are pregnant, you can refer yourself to see a midwife.

Midwife teams are based at Saint Mary's Hospital on Oxford Road, Wythenshawe Hospital, Withington Hospital or Trafford Hospital.

Some appointments can happen in the community close to your home.

Find out more about your [local maternity service here](#).

Click [here](#) for more support and resources throughout pregnancy.

REGISTER YOUR BABY'S BIRTH

You must register your baby's birth no more than 42 days after they are born.

A birth must be registered in the district where you gave birth.

If you have a home birth in Trafford, you can register at Trafford Register Office.

If you are a Trafford resident and have a baby at a Manchester hospital, you can register at Trafford Register Office.

Register your baby's birth [here](#).

AS YOUR BABY GROWS

TRAFFORD HEALTH VISITING SERVICE

Before birth and until your baby is about 28 days old, you'll have support from a midwife.

After that, a health visitor will support you and your child until they're 5 years old. Health visitors can help with:

- Feeding, including breastfeeding
- Mental health support
- Preparing your child for school
- Sleep routines
- Toilet training
- Referrals to other services.

They offer home visits, phone support, and drop-in clinics in the community. [Click here](#) to find out about your local health visiting team.

SAFE SLEEP

Safe Sleep is important for your baby's wellbeing. [Click here](#) for advice on how to create a safe sleep space.

TRAFFORD EARLY DEVELOPMENT SERVICE (TEDS)

Trafford Early Development Service (TEDS) is a team of health professionals, Specialist Health Visitors and Nursery Nurses.

We are an early intervention service, supporting preschool children with delayed development/special educational needs or disability (SEND) and their families.

We are a Portage Service. We support with play and development, health needs and coordination of care. TEDS predominantly support children and their families at home but may also see children in their preschool settings.

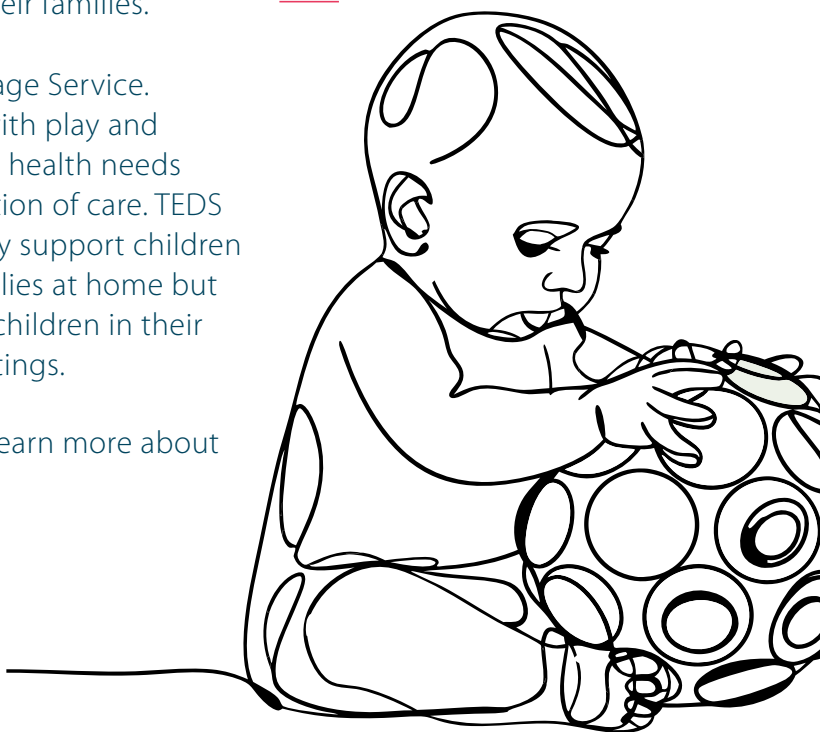
[Click here](#) to learn more about TEDS.

PROTECTING YOUR CHILD

It's important that vaccines are given on time for the best protection. Your GP will contact you to arrange your child's vaccine appointments.

Find out more about NHS vaccinations and when to have them [here](#).

Find out how to book your child's vaccination appointment [here](#).



FEEDING YOUR BABY

Feeding your baby can feel quite overwhelming at first – whether you are breastfeeding, bottle feeding or a combination of both. Trafford's Infant feeding coordinator can help guide and support you with feeding your baby.

BREASTFEEDING SUPPORT SERVICE

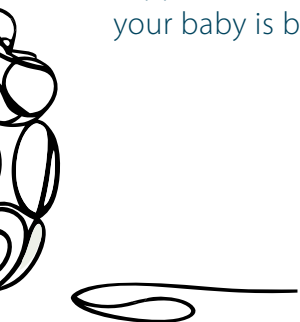
This service is for women and their families, both before and after birth, who want to breastfeed. The service offers support via phone, home visits, drop-in sessions and educational workshops. There is also a breastfeeding peer support group on WhatsApp which is a great resource of support and information after your baby is born.



ANYA APP

Anya is a unique parenting and breastfeeding app. It offers support when you need it and reliable information when you want it. Created for you and your baby, Anya provides the guidance, knowledge, comfort, and community to help you parent and breastfeed confidently.

Download the ANYA App [here](#).



BOTTLE FEEDING

There is a number of great resources available to help with bottle feeding your baby.

Find out more about bottle feeding [here](#).

For nutrition advice and support visit [here](#).

For information on responsive bottle feeding visit [here](#).

Infant Feeding Co-ordinator:

0797 781 3839

Open hours: Tuesday to Friday,
8.30am to 4.30pm

INTRODUCTION TO SOLIDS

Introducing your baby to solid foods, sometimes called complementary feeding or weaning, should start when your baby is around 6 months old. Trafford's community nursery nurses run sessions to support introducing your baby to solid foods. Contact your health visitor to find out more.

HEALTHY START

If you're more than 10 weeks pregnant or have a child under 4, the Healthy Start scheme can help you:

- buy healthy foods like milk or fruit
- get free vitamins.

You need to be claiming certain benefits to qualify.

If you're pregnant and under 18 you can claim even if you do not receive any benefits.

Find out more and register for healthy [here](#).

Get them from your health visitor or your

Family Hub Navigator.

Find out more and register:

www.healthystart.nhs.uk

SOCIAL & EMOTIONAL WELLBEING

TRAFFORD INFANT PARENT SERVICE (TIPS)

Trafford infant parent service (TIPS) is here to support your relationship with your baby. The service offers therapeutic interventions and support for infants, expectant parents, parents, and carers, who are facing struggles. The TIPS team work with families to build positive relationships and experiences, by offering support to develop ways of managing the emotional stressors that can be present for infants and carers. The team aims to support the social and emotional wellbeing of children by encouraging sensitive and responsive caregiving relationships. Support focuses on both the infant and the carer, helping parents to get to know their babies and find their way together.

If you are worried, speak with your health visitor who can consider a request for support from the service.

[Click here to learn more about TIPS.](#)



Greater Manchester has developed a suite of 10 Top Tips Resources that can be used by everyone to help support speech and language, emotional wellbeing and movement.

PLEASE FIND THE GM 10 TOP TIPS

[Greater Manchester 10 Top Tips for **Talking** - Greater Manchester Combined Authority](#)

[Greater Manchester 10 Top Tips for **Thriving** - Greater Manchester Combined Authority](#)

[Greater Manchester 10 Top Tips for **Play** - Greater Manchester Combined Authority](#)

[Greater Manchester 10 Top Tips for **Book Sharing** - Greater Manchester Combined Authority](#)

[Greater Manchester 10 Top Tips for **Moving** - Greater Manchester Combined Authority](#)

[Greater Manchester 10 Top Tips for **Talking with Babies** - Greater Manchester Combined Authority](#)

SUPPORT FOR FAMILIES

There is a range of support available for Trafford families.

You can discuss any emotional wellbeing needs for your child with your midwife, health visitor or other health and care professional at any point. For general advice for your family, you can contact

If you would like general advice for your family, please ask to speak with one of our Family Hub Navigators on either 0161 912 5020 or 0161 912 2122 who will be able to help you.

In Trafford we have Trafford Family Information service (0161 912 1053), Trafford directory and Padlets.

Visit [here](#) to search for support available in Trafford.

Visit the [Family Help Padlet](#) to learn more about services in Trafford.

EARLY EDUCATION AND CHILDCARE

You might get help with childcare costs for children aged 9 months to 4 years. The amount depends on your child's age and your situation.

For details, scan the QR code below or if you would like help to understand your education entitlement, please contact the Family Information Service 0161 912 1053

Visit [here](#) if you would like help to understand your education entitlement or please contact the Family Information Service 0161 912 1053.

SPECIAL EDUCATIONAL NEEDS AND/OR A DISABILITY (SEND)

The Trafford 'Local Offer' is all the services and support for people aged from 0 to 25 who have Special Educational Needs or Disabilities.

To find out more about the Local Offer Team Phone Trafford's SEND Local Offer Advisor on 0161 912 1053 or visit [Trafford Directory | Trafford SEND Local Offer](#) .

HELP TO STOP SMOKING

Protecting your baby from smoke is one of the best ways to give them a healthy start. Quitting smoking early increases your chances of a healthier pregnancy and birth.

In Greater Manchester, midwives are trained to help pregnant women stop smoking. Your midwife should offer this support, or you can request it.

[Trafford Directory](#) | [*Trafford Stop Smoking Support Services](#)

CITIZEN ADVICE

Get free confidential advice on many things. For more information visit [here](#).

HELP WITH MONEY

Find resources and services in Trafford to help you and your family make the most of your money. Visit [here](#).



TRAFFORD DOMESTIC ABUSE SERVICE

Trafford Domestic Abuse Services (TDAS) is a registered charity offering support to individuals and families who are affected by domestic abuse. They support both female and male victims of domestic abuse who live or work in the Trafford area.

Phone: 0161 872 7368 or visit [here](#) for more information.



BENEFIT ADVICE

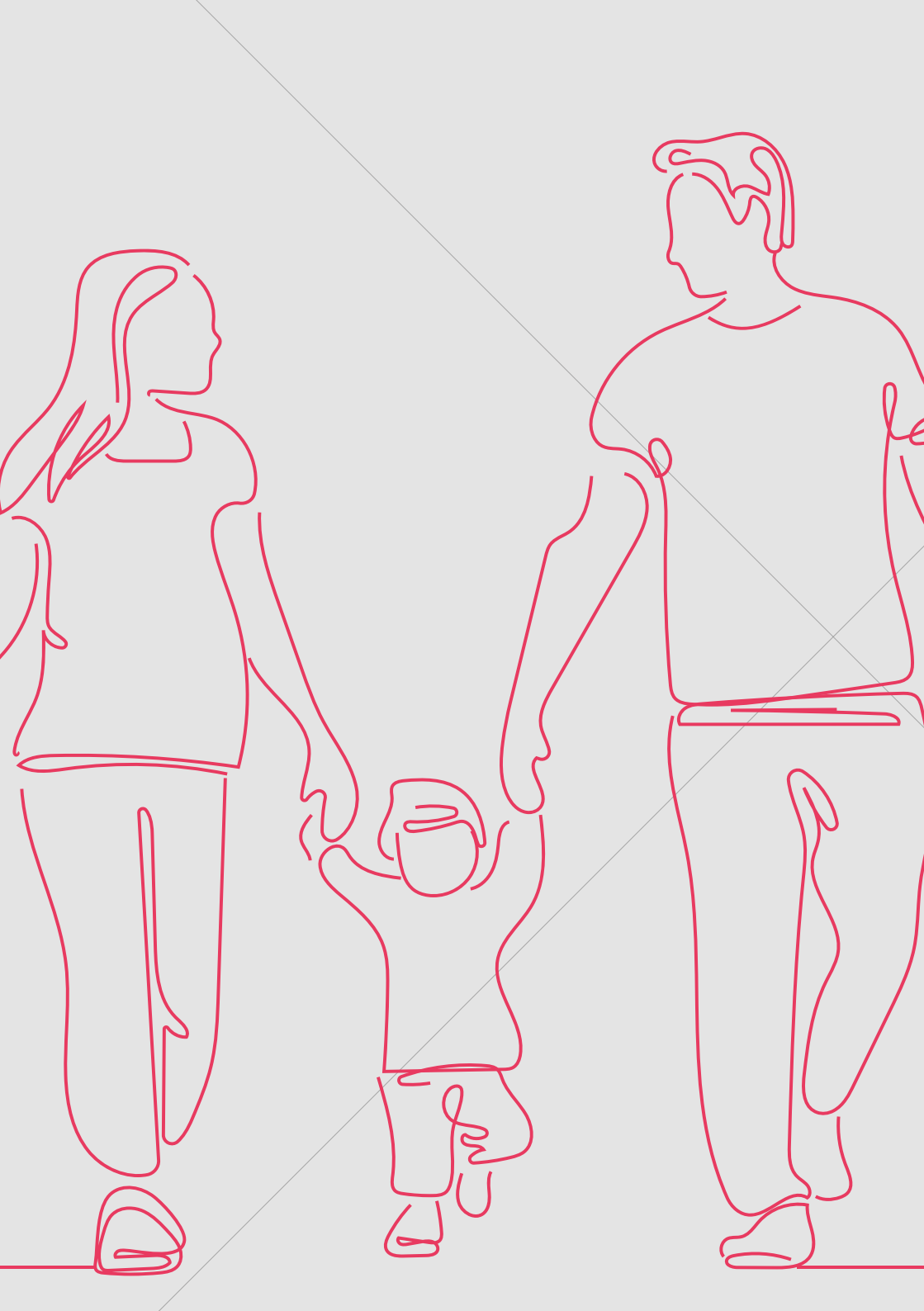
Find resources and services in Trafford to help you and your family make the most of your money.

Find more information [here](#).

SUPPORT FOR SINGLE PARENTS

Provide advice and practical support for single parents. Expert advisers answer our helpline, our website is packed full of useful information and we offer training too. For more information visit [here](#).





WORRIED ABOUT A CHILD

If you are worried about the safety or wellbeing of yourself or another child or young person under the age of 18 then please phone Trafford Children's First Response on 0161 912 5125 during the day, or the Emergency Duty Team on 0161 912 2020 if it's an emergency at night or weekend.

If you or another child or young person is in immediate danger, then call the police on 999. You could also phone Childline on 0800 1111.

GET A DOCTOR

Anyone in England can register with a GP surgery to access NHS services. It's free to register. Find more information [here](#).



TRAFFORD
START FOR LIFE



TRAFFORD
COUNCIL



Trafford Local
Care Organisation