

# Flying Start

## 0 to 5 Parenting

### Free Services 2021



**Keeping Baby Safe Workshop** (for new parents with up to 6 month old)  
Safe at Home are offering child safety advice and support to expectant and new parents in a one-off virtual 2 hour group session which includes a free child safety gift bag



**Baby and Me on Zoom** (for new parents with up to 6 month old)  
New parents get the chance to meet other local parents and bond with baby whilst learning and having fun in this zoom group every other week



**Starting Solids Workshop** (for parents of 3 to 6 month olds)  
1.5 hour session providing information on when, what and how to introduce solid foods



**Baby Talk: Songs, Signs and Rhymes on Zoom** (for parents of under 1s)  
This 30 minute weekly zoom group offers parents with babies the opportunity to socialise and learn through play- using songs, signs and rhymes



**Talking Takes Off for Communication Zoom Group** (for parents of 1 to 3 years)  
This 45 minute weekly zoom group aims to improve communication skills



**Parent Zoom Workshops: Toilet Training, Sleep & Bedtime Routines, Terrific 2s**  
These workshops will be in café style- giving a great opportunity for parents to talk with others, share experiences, and support each other whilst getting some advice



**Parenting Puzzle Course** (for parents of under 5s)  
This four week programme supports parents of babies and young children with a focus on the importance of attachment, empathy, positive discipline, play and communication



**HENRY Healthy Lifestyles Programme** (for parents of under 5s)  
This 8 week programme supports parents in ensuring a healthy start for their child. Henry helps to overcome those mealtime challenges so parents can have a happy and healthy family life



**Talking Takes Off Drop In Calls** (for parents of under 5s)  
Our speech and language therapist is offering appointments to talk to parents about their child's talking and listening skills over the phone if they have concerns



**Safe at Home Scheme** (for parents of under 5s)  
Safe at Home Luton offer free individual advice and support to all families, and parents on low income and receiving benefits may qualify for free home safety equipment



**Solihull Online** (e-courses for parents of children 0 to 18, including those with SEND)  
Visit: [www.inourplace.co.uk](http://www.inourplace.co.uk) using Access Code: HATTERS

For further information, or if you'd like to become a **volunteer**, please contact us via

Email: [flyngstart@luton.gov.uk](mailto:flyngstart@luton.gov.uk) or Telephone: **01582 548356**

Or visit our Website: [www.flyngstartluton.com](http://www.flyngstartluton.com) or Facebook: [@FSLuton](https://www.facebook.com/FSLuton)

