



Baby Steps

Building strong bonds: emotional well-being support for mums, dads and carers of infants under two and expectant parents

firstSTEPS

early intervention & community psychology service

Having a baby brings huge change. We can help if you're feeling:

- Unsure about what your infant needs
- Lonely, low, or isolated
- Overwhelmed, anxious, or exhausted
- Concerned about your relationship with your partner or infant
- Emotionally challenged by the demands of parenthood
- Uncertain about your parenting skills or wellbeing

To contact your local Children & Family Hub scan the QR code or visit:



bit.ly/childrenfamilyhubs



Want to talk one-on-one?



Call Emma at **07951 683 823**

Call Hannah at **07436 049 302**

or email us at huh-tr.FirstSteps@nhs.net

Part of First Steps Child and Adolescent Mental Health Services (CAMHS)