

Support for parents

Support each stage of your child's development by taking part in our free courses and workshops. This leaflet outlines our online and in-person offer.

Check out our online resources



24/7 AI powered infant feeding companion

Get round-the-clock, personalised breastfeeding support for pregnancy, parenting and infant feeding.

[Download the Anya app at \[anya.health/download\]\(https://anya.health/download\)](https://anya.health/download)

Complete the registration using your Hackney postcode

Relationship support courses

Learn techniques to handle stress, manage conflict, and communicate better.

[Register for an account at \[oneplusone.org.uk/parents\]\(https://oneplusone.org.uk/parents\)](https://oneplusone.org.uk/parents)

Click on 'London Region' and choose 'Hackney' as your local authority.

Facilitated workshops for new and expectant parents

Join our 2-hour weekly workshops covering your pregnancy journey, infant feeding, and your baby's brain development.

[Register at \[bit.ly/SolihullHackney\]\(https://bit.ly/SolihullHackney\)](https://bit.ly/SolihullHackney)

Courses to support your family's emotional health and wellbeing

Develop secure relationships with your children and positive emotional well-being throughout every stage of your child's life.

[Sign up at \[inourplace.co.uk\]\(https://inourplace.co.uk\)](https://inourplace.co.uk)

Use the access code 'HERITAGE' for free access

Your child's journey from birth to five

Get local help, information, and activities for children aged 0–5 years.

[Visit \[bit.ly/Hackneybirthto5\]\(https://bit.ly/Hackneybirthto5\) for details](https://bit.ly/Hackneybirthto5)



Prefer to participate in-person?



Support for fathers and father figures

Join face-to-face and online workshops to enhance your relationships and build confidence in being a father.

Contact Aaron at aaron@healthwatchhackney.co.uk.

Emotional support for caregivers of babies aged 0–1

These are safe spaces for you to share your anxieties and feelings about parenting a baby. Group sessions run for 2-hours per week over 9-weeks.

Contact First Steps at huh-tr.FirstSteps@nhs.net or on **074 3604 9302** for details.

1:1 personalised support for children aged 0–2

Get quick and confidential support for bonding, behavioural challenges and sleeping.

Contact Baby Steps at huh-tr.FirstSteps@nhs.net or on **074 3604 9302** for details.

Support your 3–4 year old's language and communication skills

Learn new ways to build on your child's language through everyday activities such as grocery shopping and cooking together. Sessions are 1-hour long and run for 6 weeks.

Contact alex.charalambous@hackney.gov.uk for more information about Peep.

Enhance your child's emotional wellbeing

Tailored 1-to-1 evidence based support for Jewish individuals or couples based on the Solihull Approach.

Call Koach Parenting on **020 3808 1115** for more information.

Strengthening Families, Strengthening Communities

Learn how your experiences, values and culture play a part in how you parent your children. Courses are for parents and carers of children aged 2–18 years.

Triple P for Babies

Build strong, healthy relationships with your child, and confidently manage their behaviour.

Explore your connection with your baby

Filmed 1:1 sessions to help you understand your strengths and your baby's cues. Sessions take 45 minutes and will be repeated 3–4 times over several weeks.

Baby massage classes

Learn soothing techniques that offer numerous health benefits for your baby, such as relieving gas, cramping, and constipation.

Contact your local Children & Family Hub at bit.ly/Hackney-family-hubs for details

