



# The Baby Steps Programme



Information for Professionals



**Baby Steps is a perinatal parenting programme for parents who will benefit from extra help in pregnancy and early after birth**

*“What happens in pregnancy and early childhood impacts on physical and emotional health all the way through to adulthood”*

*“The earliest experiences, starting in the womb, shape a baby’s brain development” (PHE, 2016)*



## The programme includes:

- a home visit before the Baby Steps course starts
- 6 antenatal group sessions at the Children’s Centre starting when the client is 26-32 weeks pregnant
- a home visit 3 weeks after the baby is born
- three group sessions after the baby is born

## Key themes

- attachment and bonding
- physical and mental wellbeing
- couple relationships
- practicalities of parenting
- support networks.

Baby Steps programme is an evidence-based licenced programme facilitated by a Baby Steps trained health facilitator (midwife or health visitor) and children’s centre facilitator (family support worker).



## Where?

Courses take place in children’s centres in **Chippenham, Calne, Trowbridge, Westbury, Salisbury and Tidworth**

The sessions are interactive and participatory helping to engage parents and nurture healthy relationships.



## Who?

The programme is open to parents expecting a baby who would benefit from additional support.

They can be first time parents or have previous children.

Ideally we need to know about the parents before 24 weeks of pregnancy but earlier is better.

Referral reason can apply to either the mother or her partner and may include one or more of the following;

- Mental health issues - anxiety, depression, previous postnatal depression.
- Social isolation - those with no support networks or no family support.
- Ethnic minority/isolated community.
- Poor housing or homeless.
- Unemployed or poor financial situation.
- Those with learning difficulties.
- Young parents age 20 years or younger.
- Victim of domestic abuse - past or present.
- Drug use - past or present.
- Offender or ex-offender.
- Involved in the care system.
- Social care involvement - as appropriate



Please provide as much information about the family as possible

For more information, or if you know parents suitable for the programme who agree to their details being passed to the Baby Steps team, complete a Baby Steps interest form and email to Alison Sturdy, Baby Steps Lead for Wiltshire [sft.babystepslead@nhs.net](mailto:sft.babystepslead@nhs.net)