

Milton Park Family Hub



	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Mornings	0-5 Stay & Play For parents and families to meet others with children aged 0-5. Delivered by Home-Start Portsmouth 10am-11.30am Term time only	Breastfeeding drop-in session Find out more about breastfeeding, expressing or combi feeding in a friendly, supportive group. Delivered by: The Breastfeeding Network 11am-12.30pm	Understanding pregnancy, labour, birth and your baby A Solihull Approach Antenatal Group - for parents who are 20+ weeks pregnant. Delivered by: Home-Start Portsmouth, Solent NHS Trust and Portsmouth Hospitals University NHS Trust 9.30am-11.30am	Starting Solids session Relaxed and informal workshop to help you make the best informed choices for you and your baby. Booking is required. Delivered by: The Parenting Network Network 9.30am-11.30am Every other week	Bright beginnings A group to support parents emotional wellbeing. Delivered by: Families In Mind 10am-11.30am
Afternoons	Get, Set, Go! Supporting learning and school readiness through enhanced play for children aged 3-5 years and their families. Delivered by: The Parenting Network 2.30pm-4pm	Baby massage class Helping you to bond with your baby and learn baby massage techniques. Booking is required. Delivered by: The Parenting Network. 1.30pm-2.30pm	Understanding your baby A Solihull Approach Postnatal Group - for families with children up to 9 months old. Delivered by: Solent NHS Trust and Home-Start Portsmouth 12.30pm-2.30pm	Infant feeding advice See an Infant Feeding. Specialist to support your breastfeeding journey. Discuss maximising breastmilk for prolonged breastfeeding and get support with safe formula feeding. Delivered by: The Breastfeeding Network, Portsmouth Hospitals University NHS Trust and Solent NHS Trust 11am-2pm	
By appointment	Health and development reviews (health visitors)	Health visitor clinic	Health and development reviews (health visitors)	Health visitor OLIVE clinic	Midwife clinic

