



Wakefield's Infant Feeding Journey

A Step-by-Step Guide for Parents



Wakefield Families Together (WFT) is a partnership of services that provides early help to children, young people, and families in the Wakefield district.

www.wakefieldfamilies together.co.uk



Mid Yorkshire Maternity Services offers support through a pregnancy journey, during birth and when leaving hospital. The team will provide personalised care, tailored to each individual's specific needs.

www.midyorks.nhs.uk/maternity



Family Nurse Partnership (FNP) is an intensive, targeted home-visiting programme for first-time young mothers and families. The programme aims to improve children's life chances.

www.gov.uk/guidance/family-nurse-partnership-programme



Health Visitors will automatically contact all new parents. Health visitors are available to see at home, at a local doctors, within the community, or a family hub. The Children's Health Service App is crammed with helpful advice and local support from all the 'Wakefield Families Together' partners.

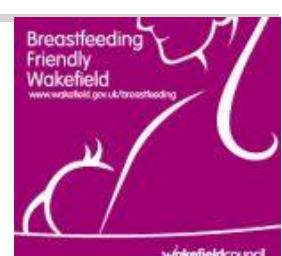
www.hdft.nhs.uk/services/childrens-services/wakefield-0-19-service

Scan the relevant QR code to download the app!



Families and Babies (FAB) offers antenatal, hospital and breastfeeding support across all Wakefield communities.

www.familiesandbabies.org.uk/locations/wakefield/



ICON Cope provides information about infant crying, including how to cope, support for parents and carers, how to reduce stress and prevent abusive head trauma in babies.

iconcope.org/



Better Health Start for Life has trusted advice and guidance for parents around pregnancy, babies, healthy child development, childcare and early education.

www.nhs.uk/start-for-life/



Babies are born sociable, interested and seek companionship. This new **Ready to Relate** digital resource will help you to understand, interact, communicate and build your relationship with your baby.

<https://readytorelate.bdct.nhs.uk/>

Maternity Ward: Whose Who?

Staff on the maternity ward can be identified based on the colour of their uniform, as shown below.



Ward Managers / Sisters



Midwives



Midwifery Support Workers



FAB Staff



The **Start for Life** booklet is full of information and advice for expectant parents and services, available in local Family Hubs or via the link below.

<https://www.wakefieldfamilies together.co.uk/wpcontent/uploads/2024/04/wakefields-start-for-life-offer.pdf>

Help your baby learn to communicate from the start:

Talking, playing, and responding to your baby every day helps build their brain and language skills. Try these simple ideas:

- Talk during everyday activities like nappy changes or bath time.
- Play games like peek-a-boo and respond to their sounds and expressions.
- Sing nursery rhymes face-to-face so they can watch and learn.
- Look at books together and chat about the pictures.

With 75% of brain development happening by age 2, it's never too early to start. Support is available — together we can give your baby the best start in life.

Scan the QR code:

