

Teen Parent Pathway

For pregnant teens. Essential topics such as self-care during pregnancy, understanding labour and pain relief options, feeding the baby, adjusting to life as a parent and fundamental baby care practices.

Mums in Mind

Eight-week course to support mums experiencing post-natal illness, helping mums to improve family mental health and wellbeing and reduce isolation.

EasyPeasy APP

Digital solution for the early years parenting tips and activities.

Triple P Online Courses

Online courses for parents to help their child or teenager learn to manage and reduce anxious feelings, now and in the future.

Coming soon...

HENRY and Tongue Tie Clinic

Pregnancy

Bumps to Babies

Antenatal groups for pregnant women/people. Looking after self-care during pregnancy, labour and pain relief, feeding babies, becoming a parent and baby care.

Pregnancy - 2 years old

From birth onwards

Baby Café

A baby-friendly welcoming space where new parents can share experiences and get one to one support with feeding and more. Led by trained Breastfeeding Supporters who are experienced parents themselves, Baby Café drop-in groups help parents gain confidence in their new role.

From birth onwards

0 - 1 years old

Dads Project

To support dads to have strong relationships with their children. For anyone who is undertaking the role of a father, including male carers, who have at least one child under the age of five.

0 - 5 years old

0 - 5 years old

Parent Talk

Free advice for parents of children aged from birth to 19 years. Parent Talk connects you with Leicester based parenting coach for judgment-free advice and emotional support.

0 - 19 years old

0 - 19 years old

Solihull Online Courses

Solihull online courses cover from conception to 19 years. Free for all Leicester residents to gain knowledge, confidence and skills to support their parenting.

0 - 19 years old