

Lambeth Children's Centres

Lambeth Children's Centres are part of our Family Hub network and provide free activities, help and support for babies, toddlers, children and their families.



Lambeth Children's Centres provide

- Stay and play groups for babies, toddlers and young children to go to with their parents and carers
- Health services including breastfeeding support groups, baby clinics and support around healthy eating
- Parenting courses and family support
- Classes for parents, including English classes
- Debt and benefit advice appointments
- A space for you and your child to make friends with other families

Contact Lambeth FIS or visit our online Family Hub directory for more information

Find out more about children's centres near to you
lambeth.gov.uk/childrenscentres

Lambeth Families Information Service (FIS)
fis@lambeth.gov.uk

**[lambeth.gov.uk/
lambeth-family-hub-directory](https://lambeth.gov.uk/lambeth-family-hub-directory)**

020 7926 9558



**giving
your child
a better
start**

Safer Sleep and support from Early Help Services

Early Help is a partnership that aims to ensure that children, young people, and families receive additional support at the earliest opportunity to prevent difficulties progressing and take immediate action if this happens.

To find out more about Lambeth's Early Help offer visit www.lambeth.gov.uk/children-young-people-families/early-help-services



Lambeth Early Help service provides

A family practitioner, who is able to provide support for a number of difficulties including:

- Family relationships
- Education, unemployment and financial advice
- Children's behaviour at home or at school
- Mental health, stress and anxiety
- Illness, disability and the impact on the family
- Alcohol, drugs, gambling or other 'addictions'
- Support for teenagers
- Issues at school, such as bullying or low self esteem
- The effects of poor housing: Advise on housing pathways and advocacy for existing housing dilemmas
- Finding free positive activities and additional support for your family
- Help if you are a Young Carer – connecting you with the Young Carers Service



Key safer sleep for babies advice

The safest place for a baby to sleep is in their own clear, flat, separate sleep space (e.g. a cot or Moses basket) in the same room as you.

- Lie baby on their back
- Keep the cot clear
- Use a firm, flat, waterproof mattress
- Keep baby smoke-free
- Avoid baby getting too hot
- Sleep baby in the same room as you for at least the first 6 months



No cot or Moses basket?

For safer bedsharing:

- Keep pillows, sheets, blankets away from your baby or any other items that could obstruct your baby's breathing or cause them to overheat. A high proportion of infants who die as a result of sudden infant death syndrome (SIDS) found with their head covered by loose bedding
- Sleep baby on their back
- If possible, avoid letting other children into the bed – it is not recommended that an older child shares a bed with you and a baby, but if you choose to do this, or there is no other option, then you or your partner should sleep between the child and the baby
- Make sure your baby won't fall out of bed or get trapped between the mattress and the wall

You can get more information on safer sleeping for babies on the lullaby trust website

<https://www.lullabytrust.org.uk>