



Parents supporting parents

Volunteers work alongside families to give compassionate and confidential support, tailored to each family.

Our Perinatal volunteers are trained and given expert provision from Home-Start Knowsley, enabling them to provide the best support during babies first 2 years of life.

To find out more about volunteering for Home-Start Knowsley, visit

<https://homestartknowsley.org.uk/volunteering/>

We help families from all backgrounds through their most challenging times.

To find out more about The Perinatal Project and for the latest timetable visit

<https://homestartknowsley.org.uk>



**HOME
START**
Knowsley

Charity No. 1107933

55 Rupert Road , Huyton, Knowsley, L36 9TB



The Perinatal Project

From pregnancy to 2 years

Supporting Knowsley families through the perinatal period.

Encouraging mothers and their partners to develop loving relationships with their babies.

**HOME
START**
Knowsley



Being a new parent can be an exhausting and worrying time, from the moment you find out you're pregnant.

The Perinatal Project is here to support you from pregnancy to when your child reaches 2 years old.

Our Perinatal Coordinator and volunteers offer non-judgemental support and will provide you with information to make sure you get the best support possible for your family from day one.

The Perinatal Project offers support assistance through the following:

- ◆ Baby Massage
- ◆ Baby Sensory
- ◆ Baby Yoga
- ◆ Bump and Baby Drop in's throughout Knowsley
- ◆ Infant Feeding Support
- ◆ Introducing Solid Foods
- ◆ Mindful Mummies
- ◆ One to One support (Telephone and home-visiting)



Please visit our website for the latest timetable.

Bump & Baby Drop-ins

New Hutte Children & Family Hub
Mondays 9:30am – 11am (Term Time)

Home-Start Knowsley, Rupert Road
Tuesdays 1pm- 2:30pm

Tesco Prescott Community Room
Wednesdays 9:30am – 11am (Term Time)

The Pride Children's Centre
Thursdays 1pm – 2:30pm (Term Time)

- ◆ Pregnancy and beyond
- ◆ Information & support
- ◆ Building relationships with your baby
- ◆ Infant feeding support
- ◆ Baby café meet up for parents and parents to be
- ◆ Access to baby scales at all sessions



For further information contact Helen on
helen.bushell@homestartknowsley.org.uk

or call 07724 620009



"I've used your services over the last 10 months since having my son. I've found it invaluable and am really grateful for the services and advice on offer.

Many, many thanks for all your work."

Anna



Contact us today to find out more about how Home-Start Knowsley works with families.

<https://homestartknowsley.org.uk>

0151 480 3910

