



## Do you need help, advice, or guidance on:

- Boundaries and managing children's behaviour
- Sleep and routines
- Getting your child ready for nursery
- Supporting your child's development
- Food and diet
- Breastfeeding and infant feeding
- Where to go to get help with debt and finances.
- Supporting your child's emotional health and wellbeing
- Increasing parents' confidence and emotional health
- Getting ready for work including volunteering
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Your Family Hub Service works to ensure yo children get the best start in life, and that their families are supported to help them achieve this.

Your Family Hub Service provides a range of services for parents to be and families with children and young people, who live in Nottinghamshire.

Some of these are at our purpose-built hubs but many take place in community venues, parks or in the home.

For further information:

- Get in touch by phone, email (details below).
- Have a look at our website.
- Just walk into one of our buildings where staff will be happy to help.

T : 0115 9773741

E : [FHAshfield@nottscc.gov.uk](mailto:FHAshfield@nottscc.gov.uk)

W : [www.nottinghamshire.gov.uk/care/familyhubs](http://www.nottinghamshire.gov.uk/care/familyhubs)