



A new baby brings a whole range of feelings and emotions, some of these may be expected and others may take you completely by surprise. Add in the practicalities of caring for a new born (and yourself!); many parents feel a bit of guidance and support would be very welcome and that's where we come in.

As you might expect East Riding Children's Centre buildings are currently closed due to COVID 19 but we are still here and able to provide advice and support from our experienced staff. Please contact one of our hubs (see overleaf for contact details) closest to where you live by email or telephone and let us know how we can help.

- **Infant Massage (Virtual)**
- **Safer sleep for baby**
- **Supporting bonding and attachment**
- **Understanding babies cues**
- **Infant feeding support**
- **Becoming a new parent and developing parenting skills**
- **Promoting positive emotional well being**
- **Healthy Lifestyles**

Infant Massage (Virtual)

Baby massage is a lovely relaxing experience for parents and babies and has many benefits including bonding and attachment, relief from colic and constipation and aiding sleep to name a few.

Whilst our Children's Centres are closed we are offering a virtual 5 week programme in how to massage your baby led by one of our experienced family co-ordinators who is trained in Infant Massage. Please contact us via one of our hubs (details overleaf) if you would like to find out more or sign up for the next programme.



Infant Feeding Support

We are still here to support you with feeding and caring for your baby.

If you have any questions or would like some support please contact your local Children's Centre hub (details overleaf) and one of the team will get back to you as soon as possible.

The National Breastfeeding Helpline is also available 9.30am-9.30pm on 0300 100 0212

How to contact us

Please choose the East Riding Children & Families Hub closest to where you live. You can either call and leave a message for us or send us an email and we will respond as soon as possible.

East Riding Children & Families Hub	Telephone Number	Email address
Anlaby, Hessle, Brough, Cottingham	01482 391832	AnlabyCCHub@eastriding.gov.uk
Beverley, Beeford	01482 391831	BeverleyCCHub@eastriding.gov.uk
Bridlington Family Centre Bridlington Butts Close	01482 391380	BridlingtonCCHub@eastriding.gov.uk
Driffield, Market Weighton, Pocklington	01482 391827	DriffieldCCHub@eastriding.gov.uk
Goole – Marshlands, Kingsway, Howden	01482 391828	MarshlandsCCHub@eastriding.gov.uk
Withernsea, Hedon, Hornsea	01482 391829	WithernseaCCHub@eastriding.gov.uk



Like us on Facebook

Why not follow us on Facebook
[@erchildrenscentres](https://www.facebook.com/erchildrenscentres)

