

Tiny Steps

19 week parent infant (0-4 months)
programme facilitated by Home-Start

HOME START



Southern Health
and Social Care Trust

Quality Care - for you, with you

Key programme criteria

- For parents/carers and infants 0-4 months resident outside Sure Start areas in the Southern Trust
- Primarily, but not exclusively first-time parents/carers

Plus one or more of the following:-

- Parent experiencing isolation/loneliness
- Parent reporting anxiety/low mood
- Family needing additional support as identified by Health Visitors or other family support services.



What's included? (19 weeks)

- Incredible Babies (A & D, Banbridge & Newry) or Mellow Parenting Programme (Craigavon) x 8 weeks
- Infant Massage x 5 weeks
- Additional 6 sessions to include e.g. sleep support, weaning, sensory play/physical activity sessions

Programme details/Next steps?

Expressions of interest will be taken from parents, carers and supporting organisations by contacting the relevant Home-Start in your Locality.



Newry & Mourne: based in Kilkeel

Start date: Mon 22nd Sept '25. 1-3pm

Tel: Home-Start on 028 3026 6139

Email: info@homestartnewry.com

AVAILABILITY

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Armagh & Dungannon: based in Moy

Start Date: Tues 16th Sept '25. 10-12

Tel: Home-Start on 028 8778 9489

Email: homestartad@btconnect.com

AVAILABILITY

Banbridge: based in Banbridge

Start date: Mon 8th Sept '25. 10-12

Tel: Home-Start on 028 4062 6234

Email:

homestartbanbridge1@btconnect.com

AVAILABILITY

Craigavon, Lurgan & Portadown:
based in Lurgan

Start date: Wed 22nd Oct '25 10-12

Tel: Home-Start on 028 3834 5357

Email: homestart.craigavon@openworld.com

AVAILABILITY