

With you every step of the way

All children deserve the best start in life. Bright Start Islington is our new name for Islington's services for under-fives and families.

As well as childcare and early education, Bright Start Islington offers lots of activities and services for under fives and their families, including health visiting, stay and plays, and help to find work. Most are free, or low cost. You can also meet other local parents and parents-to-be in friendly, safe and welcoming venues across the borough.

Where can I find Bright Start Islington?

You can find Bright Start services and activities in our 16 children's centres, as well as health centres, libraries and community centres. Some services, such as health visiting and family support, are offered in your home.



How to register

You can pop into your local children's centre and fill in a registration form or download a form from www.islington.gov.uk/brightstart. Once you're registered you can use any children's centre or other local venue where Bright Start activities and services are being provided.

Get involved

There are lots of opportunities to get involved in shaping Bright Start Islington services, such as:

- helping out at activities
- attending Early Childhood Area Partnership meetings
- taking part in surveys
- volunteering

Find out more

Visit www.islington.gov.uk/brightstart for more information about our services, venues and to find timetables. You can also contact the Family Information Service on fis@islington.gov.uk or **020 7527 5959**, or speak to staff in any of our children's centres.

“ I benefited so much from the health visiting service for the health and development of my child. ”
Myself and my daughter will never forget you.

Quote from service user

If you would like more information or this document in large print or Braille, audiotape or in another language, please contact 020 7527 2000.

If you would like to find out more about Bright Start Islington please contact:

📞 020 7527 5959

🌐 www.islington.gov.uk/brightstart

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Pregnant or have a child under five?

We offer a great range of activities and services for children and families, in friendly, safe and welcoming venues across Islington.

Your Bright Start Islington journey

We're with you every step of the way – from pregnancy until your child is five.

Pregnancy to age 1: the first 21 months

There are lots of fun activities to help mums and dads bond with their babies, such as baby massage, toy libraries and baby bounce, provided in safe and welcoming venues. Health visiting, breastfeeding and family support, and midwife visits are offered at your home, while health clinics and children's centres offer antenatal appointments, immunisations and free vitamins.



Age 1-3: the toddler years

Toddlers need lots of opportunities to play and explore as they become more independent and develop their skills. Friendship and support networks help parents to manage the daily challenges of caring for toddlers. Bright Start Islington provides high quality activities during these years. Parents may want to start thinking about preparing for work, and we can help with this too.



Age 3-5: nursery and beyond

Through Bright Start Islington, all children receive high quality early education which supports their development and helps them to prepare for school. Parents also have the chance to continue on their path towards employment, thinking about options for work, volunteering, training or study.



Our support



Early education and childcare, including nurseries and childminders.



Child and family health including midwifery, health visiting and speech and language support.



Breastfeeding support, infant feeding and healthy eating.



Stay and play and other activities for you and your child to enjoy and learn together, such as storytelling, singing and music. These sessions are a great opportunity to meet other parents and children and make lasting friendships.



Family and parenting support. This includes parenting programmes and free and confidential one-to-one support and advice on issues such as sleep, behaviour, establishing routines, as well as a range of parenting programmes.



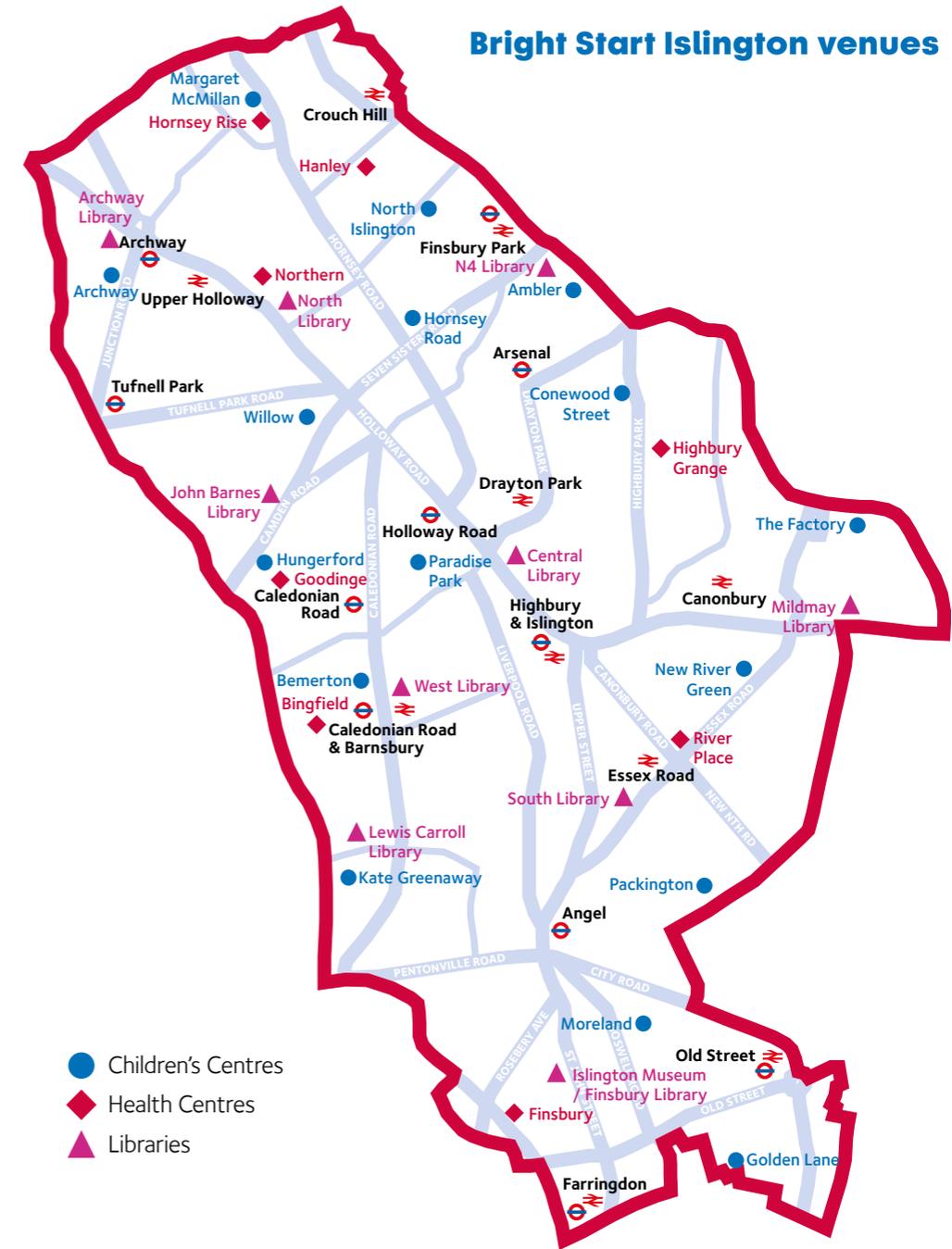
Employment, training, benefits and money advice, English and computer classes.



Services for children with special educational needs (SEN) and disabilities.

We can also signpost or refer you to other local and specialist services, You can find Bright Start services and activities near you at www.islington.gov.uk/brightstart

Bright Start Islington venues



Find details of your nearest venues at www.islington.gov.uk/brightstart