

# What is the Best Start in Life?

We are committed to maintaining a free, universal, local offer to support every family with young children in Newham to give their child the Best Start in Life. Investment in the early years is critical to securing positive outcomes later in life. We aim to be that one stop shop, where families can access a range of services.

## Newham's Best Start in Life Guarantee will ensure all Newham parents have access to:

1

15 hours of free eligible childcare, with this increasing to 30 hours when the government proposals are rolled out.

2

Regular Stay and Play sessions every week in each Community Neighbourhood.

3

Programmes, workshops and sessions offering evidence-based advice and guidance to improve parenting capacity in each Neighbourhood.

4

Regular employment advice sessions will be available in each Neighbourhood.

5

In each Neighbourhood, a range of family health and development sessions including: antenatal support; the transition to parenthood; the early weeks of life; perinatal wellbeing; breastfeeding initiation; healthy weight and nutrition; managing minor ailment and reducing accidents; and supporting speech and language development.