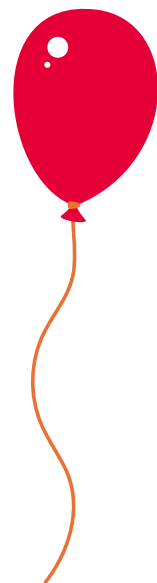


Services for you and your new baby



Congratulations on the birth of your new baby!



Whether this is your firstborn or you are adding to your growing family, there's always new resources available to you in Essex. You have already registered the birth of your child, so you've come into contact with our Registrations team at Essex County Council – but we want to take this opportunity to let you know about the other services available to you and your family.

Many of Essex County Council services are designed to directly help families and those with young children – from online educational resources to naming ceremonies, in-house activities at libraries, and family hubs – even outdoor activities at one of our many country parks!

These services all have one thing in common – they are a resource that can help improve your child's quality of life. So why not find out what's on offer for you and your newest addition?

Most of our services can be accessed online to varying degrees. Using the website addresses or QR codes, you can find full details with downloadable resources, games, books, and more.

Find out about your childcare eligibility and how to apply for school places, get discounts on cloth nappies or sign up for a baby first aid course – all immediately available through our website.

Make the most of the services available to you and your family and explore our resources today...



You can find out more about our featured services in the following ways:

Essex Ceremonies:

www.essex.gov.uk/other-ceremonies



Adult Community Learning Essex (ACL):

www.aclessex.com



Library Activities:

libraries.essex.gov.uk



Talk, Listen, Cuddle (TLC):

www.tlc-essex.info



Family Information Service (FIS):

www.essex.gov.uk/family-information-service



Essex Child & Family Wellbeing Service:

www.essexfamilywellbeing.co.uk



Love Essex with Cloth Nappies:

www.loveessex.org/nappies



Essex Country Parks:

www.explore-essex.com



Birth Re-registration:

www.essex.gov.uk/births-ceremonies-and-deaths/re-register-birth



Ceremonies

If you're planning to hold a ceremony or event that will welcome your child into the world and into your wider family, but aren't affiliated with any particular religion, it can be difficult to know how to frame the occasion.

A Naming Ceremony is a non-religious way to officially name your child and celebrate your family. The ceremony is suitable for babies, toddlers and older children, and here at Essex Registration Service we can help you plan your ceremony exactly as you'd like it.

As there is no legal or religious aspect to this type of ceremony, they can be held wherever you like (subject to our health and safety check) making it the perfect way to tailor your event.

Find out more

For more information or to book a ceremony, either email: registration@essex.gov.uk, phone: 0345 603 7632 or visit the website: www.essex.gov.uk/naming-ceremony



To purchase additional copies of your child's birth certificate, visit www.essexrecordoffice.co.uk/services/certificate-copies

"Our Naming Ceremony was the perfect way to gather the whole family to celebrate the arrival of our daughter."



Other Ceremonies

Other ceremonies, including Weddings, Commitment and Vow Renewal Ceremonies are all available through our Registration Service.

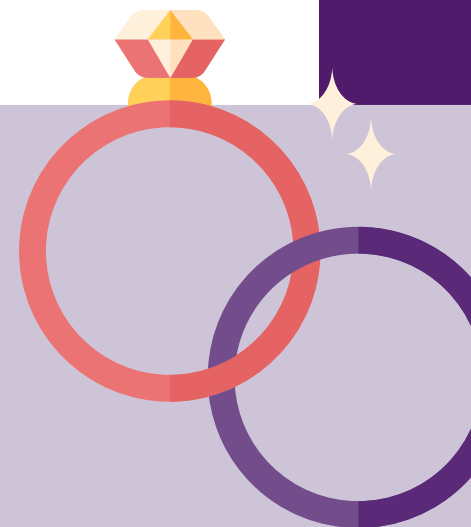
Our Ceremony Officers are some of the most experienced in the country and can bring to your event an unmatched wealth of expertise, a calm head and a safe pair of hands. If you're looking for more detail, visit our website for the most up to date information.

Find out more

www.essex.gov.uk/other-ceremonies



"The perfect day, the perfect ceremony. Thank you so much for guiding us through and bringing us out the other side as a married couple!"



Adult Community Learning Essex (ACL)

As a new parent the best advice anyone can give you is to 'take all the support, information, advice and guidance you can'. It is the best job in the world, but navigating it can sometimes feel like a never-ending uphill climb without the right equipment.



Don't take our word for it, this is what a parent attending one of our Baby First Aid courses had to say:
"I feel so much more confident, I now know to correctly carry out CPR on a baby and an adult. It was helpful being held via zoom - as with a newborn it meant I could still tend to her while taking part"

At ACL Essex we offer FREE Community and Family Learning courses for parents, guardians, carers and grandparents with children aged between birth and 17+.

Learning is at the heart of everything we do. All our tutors and staff are 'family friendly' and here to provide you with the support and guidance when you need it.

So if you are looking for a Family First Aid course to reassure you of the correct procedures, or supporting you with the transition back into work after maternity/paternity, then join us on one of our group sessions.

If you care for older children, specific courses around sibling rivalry, getting your children to listen or starting primary/secondary school may be of interest.

We deliver across Essex, in partnership with colleagues at Essex Libraries, Essex Child and Family Wellbeing Service, and nurseries and schools across the county. We have an extensive online course list that you can access from the comfort of your home, in your free time whilst looking after your children.

For more information please email: aclfamilylearning@essex.gov.uk or check out our website and Facebook pages to keep up to date.

Courses available:

- Family Learning, including Parenting, Emotional Wellbeing, First Aid, Financial Wellbeing, Support with starting school, English and Maths
- Mental health and wellbeing courses
- English, Maths, Science and Digital, including GCSEs and Access to High Education
- Qualifications and skills for employment including Accounting & Finance, Business & Management, Hairdressing & Beauty, Early Years & Education, Health and Care
- British Sign Language, Makaton, Deaf awareness and Hearing Loss Support
- Creative courses, including Pottery, Art and Floristry
- Supported Learning for those with disabilities and/or autism
- Apprenticeships

Find out more

www.aclessex.com

aclfamilylearning@essex.gov.uk

0345 603 7635

Facebook: search ACL Family Learning



Library Activities

Introducing children to books and other resources at an early age can have a big impact on their development. No child is too young to join the library so make sure your little one has their own card!

Reading

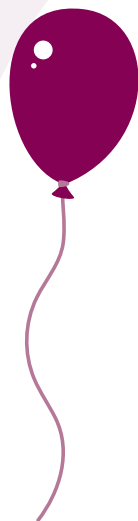
At all Essex libraries, you will find a wealth of picture books which they will love. We even have board books especially designed for little hands to hold, giving them a love of reading that will last a lifetime.

In The Library

In-person activities such as Rhymetime, Games, Toddler Toy Time and Drawing Sessions ensure that you and your child are engaged with the local community and enjoy some precious social time.

Baby and toddler sessions run in all Essex libraries and offer a great opportunity for you and your child to share rhymes, create, play and have fun together, as well as joining in with other families. To find your nearest session, search the ECC website for events in your local library.

Some libraries have volunteering opportunities to help with baby and toddler times.



Bookstart

You will have received the Bookstart Baby pack from the Registrar when registering a baby's birth. Reading together early in life helps nurture a love of books, stories and rhymes which gives access to the life-changing benefits of reading.

Visit the Bookstart website to find out more about the Bookstart project and take part in lots of fun activities.

Online

If you're looking for some fun activities to engage, interest and entertain your child, you don't even have to leave the house. Essex Libraries now offer a range of experiences via our website to take part in from home - these include read-along storybooks and language learning.

Find out more

libraries.essex.gov.uk



Rhymetime

Visit the Essex County Council website to enjoy the Rhymetime experience from home with some of our favourite library stars sharing rhymes and songs in our regular Online Rhymetimes, or if you are in a hurry check out our Rapid Rhymes.

Talk, Listen, Cuddle (TLC)

Talk, Listen, Cuddle is an Essex-based campaign helping parents, carers and families bring their young children the very best start in life; developing their communication skills through playful learning at home.

Parents and Carers are the very first educators in a child's life, making a significant difference to their future. The TLC website offers a range of articles to inspire parents to help with their child's development.

'Parenting doesn't come with a handbook' is one of the most overused phrases to express the frustration of many new mums and dads when it comes to exactly how to bring the best out in your child's progress. The TLC Campaign website is the closest you will find to a parenting handbook – with top tips, resources, educational hacks and games, all tailored to the specific age of your child.

Mummy in Essex "I like following Talk, Listen, Cuddle on Facebook, it shares lots of fun ideas and events. The articles on the website have helped my son with his speaking and listening skills. I have learnt that I can help my child's learning by just talking when we are out and about, pointing things out, talking about what we are doing and getting down to his level. It's very interesting."

There is information on the website about how to make playdough, why tummy time is important, how parents can help with a child's speech and language development, how to support a child's transition to school and so much more.

You can find downloadable resources such as cards with rhymes and images, height charts to celebrate the child's stages of development and '50 Things to do before you're 5' - to give you fun suggestions of things to do as a family. Take time to look at the website throughout the child's development because there are always new things added.

To keep up to date with the Talk, Listen, Cuddle Campaign, follow the Facebook page to find out about local events, new information and fun ideas.

Find out more

www.tlc-essex.info



www.facebook.com/talklistencuddle



Family Information Service (FIS)

The Essex Family Information Service is a free and impartial service for parents and carers.


It includes lots of information to help you find out about local services for babies, children and young people.

You can use the FIS to find out about the different types of Childcare in your area. This could be with a Nursery, Preschool or Childminder.

All Childcare must be registered with Ofsted and must follow the Early Years Foundation Stage (EYFS) to help children learn and develop and to be healthy and safe.

The FIS Childcare finder map allows you to search Childcare providers by type as well as location, to help you find one that suits your needs.

As some have waiting lists, it is a good idea to allow as much time as possible to look for childcare that is right for you.



**The first 5 years
are very important
and high quality
Childcare supports
children to have the
best start in life.**

The FIS also has information about help with childcare costs.

Some 2 year olds and all 3 and 4 year olds can get up to 15 hours of funded childcare until they go to school.

Working parents can also get up to 15 hours of funded childcare from the term after their child is 9 months until they go to school. This offer is 30 hours for 3 and 4 year olds.

From September 2025 the offer of 30 hours will start from the term after a child is 9 months.

There are other schemes available to help with the cost of childcare and more details of these are also on the FIS website: www.essex.gov.uk/children-young-people-and-families/early-years-and-childcare/help-childcare-costs

The FIS also includes links to extra help and services that are available if your child has a Special Educational Need or Disability (SEND).

Help with Childcare Costs for working parents

As a working parent are you eligible for Tax-Free Childcare?

Tax-Free Childcare is for working families to help towards the costs of childcare for children aged 11 and under (and up to the age of 16 if your child is disabled).

For further information including full eligibility and details of how to apply, please visit: www.gov.uk/tax-free-childcare



Find out more


[www.essex.gov.uk/
family-information-service](http://www.essex.gov.uk/family-information-service)

Email: FIS@essex.gov.uk



Essex Child And Family Wellbeing Service (ECFWS)

HCRG Care Group, with Barnardo's as a key partner deliver a pre-birth to 19 Essex Child and Family Wellbeing Service on behalf of Essex County Council.



Family Hubs (formerly known as Children's Centres) are at the heart of the Essex Child and Family Wellbeing service and are from where they deliver and coordinate most of their services for families.

There is one main Family Hub in each District of Essex, as well as nearby Family Hub Delivery Sites that may be closer to home and more convenient to access services from for some residents. Services are also delivered in the community and in family's homes.

The focus is on making sure that every child in Essex has the best possible start in life through high quality community services that are accessible and meet their needs.

The Service provides free information, support, and guidance to all families through:

- health visiting including pre-birth contact and the new baby review
- parenting support including help with breastfeeding and help with choosing childcare
- school nursing support for young people in schools and their families
- family health advice including substance misuse, nutrition, and maternal and infant mental health
- helping parents get their children ready to start school.
- support for children and young people aged 5 to 19 including help with dental care, physical and emotional developmental
- support from birth to 25 for children with special educational needs and disabilities

Find out more

To find out more about the service, support for yourself or others and to find the timetable for your area please visit:

www.essexfamilywellbeing.co.uk



Love Essex with Cloth Nappies



Nappies are an essential item for all new parents, but did you know that there is an alternative to disposables? Cloth nappies are made of natural, comfortable, materials such as cotton and bamboo. They are soft and gentle on your baby's skin, compared to disposables which are made of super absorbent chemicals, paper pulp and plastic.

More and more parents are choosing cloth nappies due to being kinder to their baby's skin but also because of the cost and waste saving benefits. On average, each baby will use around 5,000 disposable nappies from birth to potty, but you'd only need 20 to 30 cloth nappies. By choosing a more sustainable option, you could save up to £1,000 per child! Not sure about making the swap full-time? You can switch part-time when it feels easier to use cloth nappies, like when you are at home.

Essex County Council offers a £30 refund when you buy any cloth nappies (new or preloved). Find out more and how to get started with cloth nappies at: www.loveessex.org/nappies



Reduce and reuse

Babies need a lot of kit, most of which will only be used for a short time. Picking up and passing on pre-loved items can save you money and prevent items ending up in landfill.

There are great online groups and websites for donating or collecting items in your local area such as Freegle. It's an online platform that lets users give and receive items for free in their local community.

It's easy to sign up and simple to use. You can pick up or donate pretty much anything on Freegle. Items can range from children's toys to bicycles, mattresses, and all kinds of furniture.



Love Essex e-newsletter

If you are looking for more tips, tricks and hacks on saving money and living sustainably, sign up at: www.loveessex.org/newsletter



Have you heard about Freegle?

Everything you need to buy for babies can really add up! Have you thought about preloved options? Freegle is an online platform that lets users give and receive items for free in their local community. It's easy to sign up and simple to use. Best of all, Freegle saves pre-loved items from ending up in landfill.

You can pick up or donate pretty much anything on Freegle. Items can range from children's toys and bicycles to mattresses and furniture.

Find your local Freegle group at: www.ilovefreegle.org



"I'm a new Freegler and it's been fantastic to pass on some good quality items to a new home. I'll definitely keep using Freegle!"

Katy from Halstead



Essex Country Parks

We have eight Essex Country Parks in the county (managed by Essex County Council) providing you with a haven of green places and natural spaces to meet with family and friends and giving you the opportunity to introduce your little ones to the joys of nature and the great outdoors.

Stretching across Essex from Belhus Woods in the southwest to Cudmore Grove in the northeast, you can choose to explore close to home or further afield as you start to feel more adventurous.

The Essex Country Parks all have good sized car parks and plenty of space for you and your family. Many have accessible paths making them pram and pushchair friendly with some beautiful routes at Danbury, near Chelmsford. You can also take the paths around the lakes at Weald, Belhus and Great Notley, visit the local ducks and wildfowl (you can purchase duck food from some of the visitor centres) and enjoy your own refreshments from the cafés or pack a picnic to make a day of it.



Part of Essex County Council

ESSEX COUNTRY PARKS



The Essex Country Parks:

- Belhus Woods Country Parks
- Cudmore Grove Country Park
- Danbury Country Park
- Great Notley Country Park
- Hadleigh Country Park
- Marsh Farm Country Park
- Thorndon Country Park (North and South)
- Weald Country Park

Head to the wildflower meadows in the summer months or enjoy the natural wooden play areas as your children start to toddle and grow. Bring bikes, scooters and kites. Explore the family bike trail at Hadleigh – which hosted the 2012 mountain bike Olympic competition!

At Cudmore Grove you can take your little ones down to the beach to look for oyster shells and perhaps even the odd fossil, or delight in the flocks of migrating birds during the winter months.

As your young ones flourish into toddlers and pre-schoolers, you can stimulate their imaginations and venture into the Deep Dark Wood at Thorndon North to find The Gruffalo characters or follow the Stick Man Trail at Weald. Inspired by the bestselling books by Julia Donaldson and Axel Scheffler and licensed by Magic Light Pictures.

The only question is, where do you go first?

www.explore-essex.com/places-to-go



You might also like:

Discover Forest School at Danbury for pre-schoolers, the home educated and the whole family.

➔ explore-essex.com/schools-and-groups/forest-schools

Essex Outdoors – delivering the very best in extraordinary adventures for children aged eight and above.

➔ www.essexoutdoors.com/individuals-and-families

Read our blog on the benefits of being outside:

➔ bit.ly/3Q2vHXL

We've packaged together an annual car parking pass with some added discounts at the park cafés to make it easier and more affordable for you to access the Essex County Parks. **Read more about the Explorer Pass here:**

➔ www.explore-essex.com/explorer-pass



The Essex Local Offer

The Essex Local Offer gives information about support and help available to children. Parents are often the first people to notice their child needs additional help with one or more areas of their development. It can be difficult to know what to do to help your child.

The Local Offer can help you decide what to do next. It provides information on who to talk to and the options available at different stages.

It also has information on:

- help with learning
- health and wellbeing
- local support, such as parent support and fun activities



Find out more

Visit send.essex.gov.uk

Watch our animation:
www.youtube.com/watch?v=JK264PdShpY



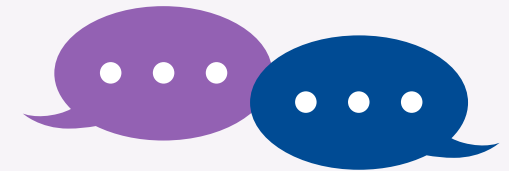
Local Offer Roadshows

We offer free, in person events for parents and carers who:

- are unsure what help is available for their child
- have questions about the support they may already receive
- want to find out what support there is for parents and carers

It is an opportunity speak directly to:

- local support groups
- education professionals
- health teams
- social care teams



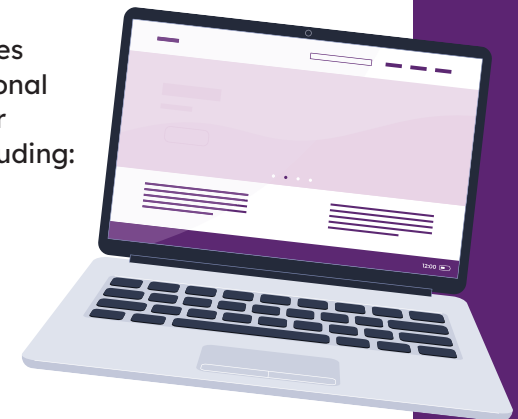
“It was such a relief and pleasure to meet you yesterday. Thank you for a) listening b) all of the information and c) The follow up emails! It was a lot to take in, and all of this feels so new still, but I feel I can at least have a bit of a starting point now.”

from a parent who visited the roadshow

Local Offer newsletter

The monthly newsletter is for families who have children who need additional help and support. It brings together relevant information and news, including:

- education
- health
- social care
- parent carer support
- activities and things to do



Subscribe: pages.news.essex.gov.uk/pages/essex-local-offer

Birth Re-Registration

Birth re-registration is a legal requirement.

There are two types of birth re-registration:

Re-registration to add the natural father's details to the birth registration

When there are no details for the father included on the original birth registration and if the natural parents were not married to, or in a civil partnership with, each other when the child was born, and have not married or formed a civil partnership with each other since.

It is important to re-register your child's birth if the criteria above apply to keep all of your legal records up to date.

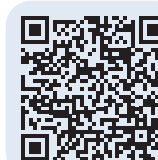
Re-registration after marriage or civil partnership

If the parents of a child marry or form a civil partnership after the child has been born, you are legally required to re-register their birth to show the child as a child of the marriage or civil partnership.

How to apply

You can apply to re-register a birth using the application forms found on the gov.uk website:

www.essex.gov.uk/births-ceremonies-and-deaths/re-register-birth



The application forms contain further guidance around re-registration.

Completed application forms should be emailed to registration@essex.gov.uk for processing.



This information is issued by:
Essex County Council
Registration Service

Contact us:

registration@essex.gov.uk
0345 603 7632

Registration Service
Essex County Council
County Hall, Chelmsford
Essex, CM1 1QH

www.essex.gov.uk



essexcountycouncil



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Essex County Council



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Essex County Council

Stay up to date with the Your Essex e-newsletter.
For a monthly snapshot of news, events and
activities across the county, sign up at:

www.essex.gov.uk/youressex

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can be translated and/or made available in
alternative formats, on request.