



Are you a parent/carer of a child aged 0-3 years?

Are you expecting a baby?

Are You:

- ♣ Needing a chat or a bit of support
- ♦ Finding it hard to get out of the house
- ♥ Keen to try something new
- ♠ Looking for help to move into employment or training
- ♣ Worried about your child's sleeping or eating problems
- ♥ Feeling low or at a loss
- ♦ Experiencing times when you find it hard to cope with your kids
- ♠ At times, struggling with the practical issues of every day life
- ♣ Concerned about your pregnancy and preparing for your new baby
- ♥ Concerned about anything else affecting you or your family

MCFB Early Years Service may be able to help

What is MCFB Early Years Service?

Being a parent or carer of young children isn't easy! Especially if you haven't got family or friends to turn to. MCFB Early Years Service is able to offer support and information to parents with children 0-3 years on a variety of issues. It is the families *choice* to become involved with us.

How will we do this?

- ♠ Individual support through home visits
- ♥ The chance to meet and share with other parents in groups
- ♦ Linking with other support networks in the area

How do you contact us?

You can contact us through your health visitor, anyone else who knows you, or directly on 0131 467 7052



What will happen next?

We will contact you to arrange an information visit either at home or a place of your choice. At this visit we will simply tell you about the project and answer any questions you may have before deciding the next step.



MCFB Early Years Service

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Telephone No. 0131 467 7052/553 4313
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MCFB Early Years Service is committed to the development of equal opportunities and anti-racist practice which responds to the needs of Scotland's multi-cultural society

Multi Cultural Family Base

Early Years



Service

- Support and information for families in the Leith area with young children aged 0-3
- City Wide Service for Black/Minority Ethnic Families