**New Parenting Programme Launches in Medway**  
Family Action announces the launch of the Medway Universal Parenting Programme, a free initiative designed to empower new parents, carers, and grandparents in understanding their baby's development and nurturing vital early bonds.

The new programme underscores Family Action’s commitment to supporting families and promoting positive early childhood experiences.

Funded as part of the Family Hubs and Start for Life initiative, the Universal Parenting Programme is designed to provide essential support for Medway’s newest families and at the heart of this initiative is the ‘Solihull Parenting Programme - Understanding Your Baby’, a six-week, research-backed course offering insights into early brain development, the importance of early relationships, and practical guidance on infant care.  
  
Natalie Crick, Service Manager said: “We are excited to launch our free Universal Parenting Programme, which underscores our dedication to strengthening families across Medway. This programme equips new parents, carers, and grandparents with valuable skills, insights, and a supportive network to guide them through early parenthood and beyond. As we expand the programme’s reach, we look forward to making positive family experiences accessible to even more local families.”

In addition to ‘Understanding Your Baby,’ Family Action plans to introduce the ‘Understanding Your Toddler’ programme in early 2025, supporting parents and carers of children aged six months to two years. The team will also offer a virtual programme, scheduled to pilot in March 2025, making these essential resources even more accessible.  
  
Julianne Stokes, Project Coordinator adds: “We are eager to collaborate with parents to help them understand their baby’s cues, rhythms, and needs, and to teach techniques for sensitive and effective parenting. Each session will cover feeding, sleep, communication, and play, providing parents with practical skills and confidence to support them throughout their parenting journey.”

The programme commenced with an introductory "meet & greet" session where families were welcomed to the venue, introduced to Family Action’s staff, and familiarised with the programme.

Held at Oaklands Wellbeing Centre, the sessions run throughout November, with a special Christmas event planned for attending families on 17th December.

The upcoming programmes will continue in January 2025, with sessions at both Oaklands and Gun Lane Wellbeing Centres.

For further information on the Family Action Medway Universal Parenting Programme, upcoming sessions, or how to get involved, please visit [Medway Universal Parenting Programme - Family Action](https://family-action.org.uk/services/medway-universal-parenting-programme/) or contact medwayupp@family-action.org.uk.  
  
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**Notes To Editors**

**About Family Action**

Family Action is a national charity supporting people through change, challenge and crisis, in local communities and through its UK-wide helpline, FamilyLine.

Founded in 1869, when societal norms about family were fixed and rigid, the charity that established the founding principles of social work has reinvented itself multiple times throughout its more than 150-year history. With its message that there are many ways to be a family, it’s relationships that matter, Family Action ensures it represents the changing needs of families and communities in the UK today.

Driven by the belief that family can shape the future, that early experience stays with us for better and worse and that everyone deserves dignity, respect and an equal chance at life, the charity runs specialist services that protect children and support young people and adults.

It provides direct, practical help to families and communities in need through a wide variety of programmes including help for new families, parenting, family and post-adoption support, counselling, youth mentoring, FOOD clubs and the National School Breakfast Programme.

For further information, please visit our website at [www.family-action.org.uk](https://www.family-action.org.uk/)

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