

Supportive Steps North Northamptonshire

We support new and expectant parents and carers in North Northamptonshire. Focusing on mental health, parent-infant relationships, parenting support and well-being, we provide safe, welcoming spaces where families can connect, share experiences, and access support for every stage of parenthood, from birth and beyond.

Family Action

Family Action is an award-winning national charity working from the heart of local communities to support people through change, challenge and crisis.

We protect children, support young people and offer direct, practical help to families.

It's what we've done for over 150 years.

To find out more about who we are and what we do, visit us at www.family-action.org.uk.

Supportive Steps

supportivesteps@family-action.org.uk



Scan here for more information

Working together with Family Hubs North Northants



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Supportive Steps North Northamptonshire

Supporting families on their parenting journey.



family-action.org.uk

Who we are

Becoming a parent is an exciting journey, but it's also one of the most important – and sometimes most challenging – jobs there is. That's why we're here to help.

The Supportive Steps service is for all expectant parents, new parents, and families with children under 2 years old. We've partnered with North Northants Family Hubs to provide safe, welcoming spaces where families can connect, share experiences, and access support for every stage of parenthood, from birth and beyond.

We focus on mental health, parent–infant relationships, parenting support and well-being. We're here to:

- support you in building a strong bond with your baby and nurturing your relationship as they grow,
- help you feel connected to other families and your local community,
- encourage health and happiness for you, your little one, and your family, and
- give you the confidence and tools to care for your child's needs.

What we offer

We understand that getting the right support as early as possible gives your child the best start in life. We're here to support you every step of the way with a range of groups, activities and services:

- Family support
- Groups for families and children
- Stay-and-play drop-ins
- Young parent groups
- Antenatal support from 24 weeks of pregnancy
- Parenting support in areas such as behaviour and relationships
- Support to improve attachment and bonding
- Mental health and wellbeing support
- Dads/partners groups
- Buggy walks
- Neonatal groups

If you need extra help, we also offer one-to-one support tailored to meet your needs.

Our Volunteer Befriender Service

Our trained volunteers (who often have lived experience) are also able to offer support. They offer a non-judgmental listening ear, support to access local groups and become the friend you never knew you needed!

Volunteer Befrienders get specialist training from health, social care, and community experts to make sure they can offer safe and helpful support to parents and carers.

If you would like to volunteer, find out more by contacting supportivesteps@family-action.org.uk.

Know that you are not alone. If you are struggling, we are here to help and support you in getting back on track.

Find out more, visit us today or find out more by scanning the code below:

