

BABY WEEK NATIONAL CONFERENCE

Healthy Parent, Healthy Baby

IN PERSON MET HOTEL, LEEDS & VIRTUAL

09:00	<i>Open morning, networking, information stalls & teas & coffee</i>		
09:45	Welcome & Baby Week Origin Lucy Potter, Founder of Baby Week & Refugee Council		
10:00	The Better Start Bradford Journey Kerry Bennett, Assistant Director, Better Start Bradford		
10:20	Bonding and Attachment: The role of shared reading in the early years Will Carr - Senior Partnerships Manager, Lizzie Davies, Community Engagement Coordinator, BookTrust		
10:40	The Best Start in Life for Every Baby Dr Matt Price, Director of Research and Grants, 1001 Critical Days Foundation		
11:05	Leeds Early Attachment Observation Chris Whitman, Infant Mental Health Practitioner, Leeds Community Healthcare NHS Trust		
11:25	Workshop Instructions & Comfort Break		
11:35	Workshops – Attendees to select two at registration		
	Workshop 1: The Growing Well Study: exploring early years diet, growth & dental health. University of Leeds	Workshop 2: Transition to parenthood and parent-child relationships with One Plus One	Workshop 3: Hull Universal 2 nd Health Visiting Antenatal Contact - Perinatal and Infant Mental Health
12:05	Workshop 4: Maternal mental health, early support and neurodiversity - overcoming barriers with diverse communities - Afrikindness	Workshop 5: Building Playful Communities: From Peekaboo to Policy - Boromi	Workshop 6: Increasing and Normalising Breastfeeding in Hull – Our approach - Hull 0-19 Integrated Public Health Nursing Service
12:35	LUNCH		
13:10	Best Start and Beyond: Improving Population Health and Reducing Inequalities in 0-5 years Kathryn Ingold FFPH, Chief Officer, Consultant in Public Health, Leeds City Council Dan Barton, Deputy Director, Leeds City Council		
13:25	Leaders' Panel: The Next Five Years for Early Years and Health <ul style="list-style-type: none"> • Cllr Helen Hayden – Executive Member for Children and Families • Cllr Salma Arif – Executive Member for Adult Social Care, Active Lifestyles and Culture • Cllr Emma Flint - Executive Member for Equality, Health and Wellbeing • Errol Murray, Founder of Leeds Dads, NHS Leeds Perinatal Partners Peer Supporter 		
14:00	10 Years & 1000 Hours of Baby Week – Why? Sadiya Salim, Director, Baby Week & Partnership Development Coordinator, Leeds City Council		
14:15	National Voices, Local Impact: Sector-Led Support for Family Hubs Nicola dos Santos & Karla Allen, Advisors for National Centre for Family Hubs, Local Government Association		
14:30	Stories for Success: Shared reading for the Best Start in Life Professor Sam Wass, Director of the Institute for the Science of Early Years, University of East London		
14:50	It takes a village - the power of low-level intervention peer to peer Sally Bunkham, Director of Communications and Partnerships, PANDAS Foundation Selina Wilson, Community Engagement Manager, PANDAS Foundation		
15:15	Impact of poverty on mental health as a parent/carer: How Leeds Baby Bank are making a difference Chantal Nogbou, Trustee and Founder, Leeds Baby Bank		
15:35	Devices and Babies: How devices impact child development Dr Charlotte Armitage BSc (Hons), Specialist Psychologist & Psychotherapist		
15:55	Better Housing Better Health National Energy Foundation - Sponsors		
16:15	Final Remarks, Refreshments & Networking Close at 17:00		

Background:

The Healthy Parent, Healthy Baby national conference, hosted by Baby Week Charity, is a full-day event bringing together professionals, community leaders, and families to share ideas and initiatives supporting early childhood and parental wellbeing and health. It highlights the importance of investing in the early years of life and provides a collaborative platform for exploring challenges, innovations, and best practices across sectors.



Celebrating 10 years of Baby Week here in Leeds, we invite you to our FREE national conference aimed at all professionals promoting the best start in life, health and early years with the theme 'Healthy Parent, Healthy Baby', brought to you with our headline sponsor, The National Energy Foundation.

Event Details:

- The full day conference opens doors at 9am where refreshments will be available for all attendees including hot drinks and pastries and can go explore the marketplace stalls. If you wish to attend for part of the day, that is accepted, please still book on the link below.
- All attendees are required to be seated between 9.30am and 9.45am for the first speech.
- There will be a short break at 11.30am before attendees attend 2 30-minute workshops.
- A free buffet lunch for all attendees is provided between 12.35 – 13.10pm in the main reception and for them to enjoy the market place stands.
- The afternoon sessions consist of speeches and panel discussions from till 16.15pm.
- The last 45 minutes are for networking and stalls and refreshments

Conference Page: <https://babyweek.co.uk/11306-2/>

Booking Link: <https://www.eventbrite.co.uk/e/healthy-parent-healthy-baby-the-national-baby-week-conference-2025-tickets-1545467307319?aff=oddttdtcreator>

Teams Link (virtual attendance): [Join the meeting now](#),

Meeting ID: 378 035 586 333 19, Passcode: 5qp7iW9m

Venue Details:

Address: The Met Leeds, King St, Leeds LS1 2HQ, United Kingdom. <https://www.leedsmet-hotel.com/location-contact>

Parking: Please note that as we only have limited parking spaces at the hotel. If you are unable to park at our hotel we do recommend another alternative car park which is approximately 10-minutes walking distance from us. Q-Park located off Butts Ct, Albion St, Leeds LS1 5JS. Chargeable at roughly between £ 20 and £ 30 per day dependent on the timings you choose to park. If you pre book at Albion St. Q-Park you are entitled to 30% discount, see instructions below.

Parking needs to be pre-booked via Q-Park's website (<https://www.q-park.co.uk/>). The guest / conference delegate needs use "THEMET30" discount code.

LNER Train Discount- Bookings can be made through the following link 25% off for events associated with [Conference Leeds](#) | LNER, with the code CONLEE25.

Workshops – Attendees to select two at registration

Workshop 1: The Growing Well Study: exploring early years diet, growth & dental health. Dr Diane Threapleton - University of Leeds	Workshop 2: Transition to parenthood and parent-child relationships. Caroline Morgan, OnePlusOne Associate	Workshop 3: Hull Universal 2nd Health Visiting Antenatal Contact - Karen Hardy & Angie Rawling, Hull Integrated Public Health Nursing Service
'The Growing Well Study: Exploring early years diet, growth and dental health in 2000 preschool children - Leeds, Doncaster and East London.' The workshop will present the study and engage delegates, covering 1) why this study is badly needed, 2) how researchers will reach families and include underrepresented groups, and 3) how the study can support wider ongoing community issues and initiatives.	In this session, Caroline will explore the first 1001 days, looking at the impact this has on parental relationships and the impact of parental conflict on children. She will look at how relationships change with the arrival of a baby, how they affect attachment and what support is available to support parents to nurture relationships and communicate effectively at this important time. Join Caroline for this informative and interactive workshop.	The workshop will explore our approach to the universal 2 nd health visiting antenatal contact implemented within the Hull 0-19 Health Visiting Service provides a good opportunity for more in depth assessment of needs, relationship building and education of fundamental areas such as infant feeding, attachment and bonding, baby brain development, staying well, coping with crying and transition to parenting.
Workshop 4: Maternal mental health, early support and neurodiversity in diverse communities. Dr Vivian Okoye & Bunmi Owolabi, Afrikindness	Workshop 5: Building Playful Communities: From Peekaboo to Policy Evie Keough - Founder and CEO of Boromi, the national 'Network of Play'	Workshop 6: Increasing and Normalising Breastfeeding in Hull – Our approach - Ellie Talbot-Imber & Debbie Jackson, Hull 0-19 Integrated Public Health Nursing Service
Join us for an exciting workshop will explore the importance of early intervention, culturally sensitive support and empowering migrant parents through awareness and education. This workshop will also have opportunities to discuss issues on maternal mental health, neurodiversity and overcoming barriers with diverse communities.	From a baby's first peekaboo to a child's first day at school, play is the thread that connects healthy development, parent wellbeing and community belonging. In this interactive workshop, we'll explore how families, services and wider society can prioritise and invest in play as a shared responsibility — building stronger, more connected and more playful communities.	Hull joined the national Baby Week partnership in 2024. This year they are hosting a workshop on Hull's journey from 6% breastfeeding rates to 48%, the approach they have taken, and some details about the innovative projects.

THURSDAY 20 NOVEMBER 2025



A FLAVOUR OF THE DAY
SPEAKERS



Sally Bunkham
Director of Communications
& Partnerships
PANDAS Foundation



Dr Diane Threapleton
Senior Research Fellow,
Growing Well Study:
University of Leeds



Dr Matt Price
Director of Research and Grants,
1001 Critical Days
Foundation



Professor Sam Wass
Director & UK's BSIL ambassador
Institute for the Science of
Early Years



Dr Charlotte Armitage
Founder & leading voices on device
use and child development,
Be Device Wise &
The Media Clinic

**EXHIBITION
STANDS**

- BookTrust
- HOME-START
- Cbeebies Parenting
- National Energy Foundation
- Dads Matter
- NSPCC
- Many more



IN-PERSON: MET HOTEL, LEEDS
ONLINE: VIRTUAL ON TEAMS

AGENDA

Morning Session

- Baby Week & Child Friendly City Approach
- The Better Start Bradford Journey
- BookTrust: Bonding & Attachment
- 1001 Critical Days Foundation: Best Start
- Leeds Early Attachment Observation

Afternoon Session

- Public Health: Best Start & Beyond Plan
- Improving Health & Reducing Inequality
- Leeds Baby Bank: A place for families
- Shared reading for the Best Start in Life (BSIL)
- LGA: Sector-Led Support for Family Hubs
- Pandas Foundation: Low-level Intervention
- Sponsor: Better Housing Better Health

Workshop Sessions

- University of Leeds: The Growing Well Study
- OnePlusOne: Transition to Parenthood
- Hull NHS: Universal 2nd Health Visiting Contact
- Hull NHS: Increasing & Normalising Breastfeeding
- Boromi: The Power of Play - Play Libraries
- Afrikindness: Early Support & Diverse Communities



20 NOVEMBER 2025
9:30 am – 4:30 pm

Limited spaces, find out more:
www.babyweek.co.uk



**National
Energy
Foundation**



**Better Housing
Better Health**



#BabyWeek2025

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