

I am worried about my child's development.

I'm here to help.
Whatever is worrying you, let's talk it through.

We are a confidential text service for parents and caregivers that you can talk to about:

- Feeding and nutrition
- Sleep
- Toilet training
- Parenting advice and support
- Child development
- Family health

Text a Public Health Nurse on
07480 635002

We might inform someone if we were concerned about your safety but we would usually speak to you first. Your messages are stored and can be seen by other health care staff who follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate message back to confirm we have received your text. Text will only be seen between 9am and 5pm. If you need help before you hear back from us contact your GP, nearest walk in centre or dial 111. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some 'number masking' mobile apps).

To prevent the health professional from sending messages to you, text STOP to our number. Messages are charged at your usual rates. For more information on how we use your information please visit www.nottinghamcitycare.nhs.uk/stakeholders/governance/you-and-your-information



You can call our **Children's Health Advice Hub** and speak to a nurse about your child's health and development. **0300 300 0040** (Mon-Fri, 8.30am to 5pm)

You can ring this number for health advice for your baby and child (up to the age of 19). You can also ring this number to cancel appointments and ask for them to be rearranged, to book clinic appointments and book to attend our feeding support groups.



If you would like more information about our services, would like to translate this information or use accessibility tools please go to our website: <https://www.nottinghamcitycare.nhs.uk/our-services/childrens-public-health-0-19-nursing-service>

Children's Public Health 0-19 Nursing Service

What to expect at the 6-8 week review appointment



Getting to know your Children's Public Health 0-19 Nursing Service

Your Children's Public Health 0-19 Nursing Service is here to support you.

The team is made up of Health Visitors who are nurses and who have had specialist training in working with children and families to assess and support their health and development needs.

We also have Registered Nurses and skilled support staff who can help you with your child's development and a healthy lifestyle.



Your baby's 6-8 Week Review Appointment

Now your baby is coming up to 6-8 weeks old a Health Visitor from our team will visit you at home.

We will ask how you are doing, weigh and measure your baby, and ensure they are growing and developing as expected.

Your partner, or anyone who supports you, is very welcome to be with you.

At the visit we will talk about

- how you are feeling physically and emotionally
- if there is any support you need
- your baby's growth and development
- feeding your baby
- getting to know your baby
- keeping your baby safe
- immunisations and protecting your baby from childhood illnesses
- your contraception choices

Here are some of the websites that we recommend for information you can trust:



Early Help

<https://tinyurl.com/8t4dr5r9>



Healthy Start

<https://www.healthystart.nhs.uk>



Sex and Contraception after birth

<https://tinyurl.com/ye264p9b>



NHS Childhood Immunisation

<https://tinyurl.com/5a3c7khm>



Sepsis Information

<https://tinyurl.com/mr2xu7xx>



ICON - Baby's Crying

<https://tinyurl.com/3umr7dc2>



**Tommy's Pregnancy Hub
Pregnancy and Post-birth
Wellbeing Plan**

<https://tinyurl.com/bddvbj2m>



NHS Best Start in Life

<https://tinyurl.com/y7ye9ear>



NHS Caring for a Baby

<https://tinyurl.com/2wa9em2m>



Safe Sleep

<https://tinyurl.com/yck4meuu>



Local Services - Ask Lion

<https://tinyurl.com/48tzeckt>



Looking After Your Baby's Teeth

<https://tinyurl.com/4ntuvm2y>



Child Safety

<https://tinyurl.com/5dpr67yk>



Red Cross First Aid App

<https://tinyurl.com/4tvr7sp7>