

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



If you would like to feedback on this leaflet or our services, please visit our website at:
www.nottinghamcitycare.nhs.uk/contact-us



What to expect at your child's 2-2½ Year Review



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 and Family Nurses 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 child's 2-2½ Year Review Appointment

Now your child is around 2 years old, it is time for their 2-2½ Year Review, which is offered to every family.

A member of the Children's 0-19 Public Health Nursing Service will visit you at home or invite you into a clinic.

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



At the visit we will talk about

- how your child is developing, including their movement, speech, social skills and behaviour
- your child's hearing and vision
- how your child is growing
- healthy eating and keeping active
- managing behaviour and encouraging good sleeping habits
- toothbrushing and going to the dentist
- keeping your child safe
- vaccinations to protect your child
- toilet training
- access to childcare
- any support you may need as a family

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



Tiny Happy People
www.bbc.co.uk/tiny-happy-people



Nottinghamshire Talking Therapies
www.notts-talk.co.uk



Speech and language support
www.speechandlanguage.org.uk



Healthy Start
www.healthystart.nhs



NHS Children's Teeth
www.nhs.uk/live-well/healthy-body/taking-care-of-childrens-teeth



Healthy eating and keeping active
www.nhs.uk/healthier-families



The Sleep Charity
www.thesleepcharity.org.uk/information-support/children/



Potty training advice
www.eric.org.uk



Keeping kids Safe
www.rospea.com/resources/information-hubs/keeping-kids-safe



Sepsis Information
www.nhs.uk/conditions/sepsis/



Contraception Information
www.sexwise.org.uk/contraception



Ask Lion-Free childcare for 2 and 3 year olds
www.asklion.co.uk/kb5/nottingham/directory/advice.page?id=1C3qNYA_meE



Every Mind Matters
www.nhs.uk/every-mind-matters

