

**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 give us any feedback on the contents of this leaflet please email **npc.customercare@nhs.net**

Your baby is
coming up to



**What to expect at the
9-12 month 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 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 baby's 9-12 month Review Appointment

Your child is coming up to one and it's time to weigh them and do length and head measurements and check their developmental progress.

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

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



At the visit we will talk about

- how your baby is developing
- your routine
- how you are feeling
- sleep
- diet and healthy eating
- safety in the home
- dental care and brushing your child's teeth
- anything else that you would like to talk about

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



Start 4 life

www.nhs.uk/start4life/baby



Sepsis Information

www.nhs.uk/conditions/sepsis/



Tiny Happy People

www.bbc.co.uk/tiny-happy-people



Healthy Start

www.healthystart.nhs.uk



The Sleep Charity

www.thesleepcharity.org.uk/information-support/children/



NHS Children's Teeth

www.nhs.uk/live-well/healthy-body/taking-care-of-childrens-teeth



CityCare Baby Feeding - Facebook

www.facebook.com/citycarebabyfeeding



ICON - Baby's Crying

www.iconcope.org



Child Accident Prevention Trust

www.capt.org.uk



Contraception Information

www.sexwise.org.uk/contraception



Every Mind Matters

www.nhs.uk/every-mind-matters



Let's Talk Wellbeing

www.nottinghamshirehealthcare.nhs.uk/letstalkwellbeing



Ask Lion

www.asklion.co.uk

