

**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

**Congratulations
on the birth of
your baby!**

**What to expect
at the New Birth
Appointment**



Children's Public Health 0-19 Nursing Service

While you were pregnant your Midwife was your main contact.

Now your baby is born, 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 breastfeeding, your child's development and healthy lifestyles.



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

- www.nhs.uk/start4life/baby
- www.nhs.uk/every-mind-matters
- www.nhs.uk/conditions/sepsis/
- www.bestbeginnings.org.uk/baby-buddy
(you can download the App for free)
- www.bbc.co.uk/tiny-happy-people
- www.lullabytrust.org.uk/safer-sleep-advice
- www.facebook.com/citycarebabyfeeding
- www.iconcope.org
- www.sexwise.org.uk/contraception/contraceptive-choices-after-youve-had-baby



Your new birth appointment



A Health Visitor from our team will visit you at home.

We will check how you are doing; and we will check and weigh your baby to make sure that they are developing and growing as expected.

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

At the visit we would like to hear from you and share information about lots of different things, including:

- How you are feeling after baby's birth
- How you are doing as a family
- If there is any support you need
- Getting to know your baby
- Feeding your baby
- Keeping your baby safe
- Protecting your baby from childhood illnesses
- Your contraception choice

