

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 contact our **Children's Health Advice Hub** and speak to a nurse about your child's health and development.



0300 300 0040

Monday to Friday
8.30am to 5.00pm

We can also help you with booking or changing appointments.



Your baby is coming up to



**What to expect at the
9-12 month review
appointment**



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

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



Ask Lion

www.asklion.co.uk



Tiny Happy People

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



Vaccinations

www.nhs.uk/conditions/vaccinations/



The Sleep Charity

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



Sepsis Information

www.nhs.uk/conditions/sepsis/



Children's Bowel and Bladder Health

<https://eric.org.uk/>



Healthy Start

www.healthystart.nhs.uk



Child Accident Prevention Trust

www.capt.org.uk



NHS Children's Teeth

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



Every Mind Matters

www.nhs.uk/every-mind-matters



ICON - Baby's Crying

www.iconcope.org



Early Help Nottingham

www.earlyhelpnottingham.org.uk/



Contraception Information

www.sexwise.org.uk/contraception