

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 now 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>



What to expect at your antenatal appointment

We will talk about:

- Your health and well being
- Your baby's health and development
- Who and where you can go to for support



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

While you are pregnant your Midwife will be your main contact.

Once your baby is born your Children's Public Health 0-19 Nursing Service will be there to support you.

The team is made up of Health Visitors and Family Nurses 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.

We work with every family in Nottingham City and will offer you and your child at least the following appointments:

- Antenatal between 28 and 32 weeks of pregnancy
- New Birth Review when your baby is 10-14 days old
- Breastfeeding support
- 6-8 Week Review
- 9-12 Month Review
- 2-2½ Year Review
- A School Ready Review from when your child is 3½ years old
- The National Child Measurement Programme where we measure the height and weight of every child in Reception and Year 6

We will continue to support, when needed, throughout your child's school years

Your antenatal appointment

We would like to offer you this appointment to get to know you before your baby is born and things get really busy!

We know that pregnancy can be an exciting time but that you may also have worries or questions that we can help you with.

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

What will the Health Visitor or Family Nurse talk to you about?

- Your feelings about your pregnancy
- Looking after yourself and your baby
- Your relationships and support
- Changing family life
- Your labour and your baby's birth
- Caring for your baby
- Feeding your baby

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



Safe Sleep

<https://tinyurl.com/yck4meuu>



Dental Advice

<https://tinyurl.com/yp3rz27p>



Baby Buddy

<https://tinyurl.com/a2jh2r3h>



Healthy Start

<https://tinyurl.com/5a59sf4s>



BBC Tiny Happy People

<https://tinyurl.com/2zt7t8pm>



Sex and Contraception

<https://tinyurl.com/4puabpa7>



ICON - Baby Crying

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



Feeding Your Baby

<https://tinyurl.com/44bnnsua>



Vaccines in Pregnancy

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



Early Help Nottingham

<https://tinyurl.com/937vx9bj>



Preparing for Labour and Birth

<https://tinyurl.com/3bcc6js8>



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

<https://tinyurl.com/bddvuj2m>

