

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

orm 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 are staff who follow the same confidentiality rules, We aim to reply to you within one working day and you should get an immediate mes st walk in centre or dial 111. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile number

To prevent the health professional from sending messages to you, text STOP to our number. Messages are charged at your usual rates



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.



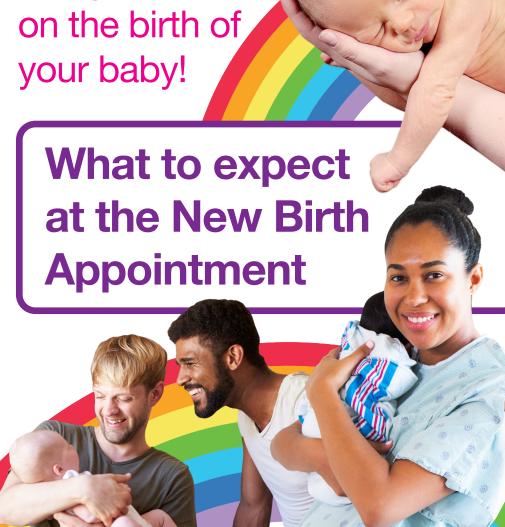
If you would like more information about our services, would like to translate this information or use accessibility tools please go to our website: https://www.nottinghamcitycare.nhs.uk/our-services/ childrens-public-health-0-19-nursing-service

©Nottingham CityCare Partnership CIC (Version 2 - July 2024)



**Children's Public Health** 0-19 Nursing Service

Congratulations on the birth of



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 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 breastfeeding, your child's development and a healthy lifestyle.



# 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

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



## **Healthy Start**

https://tinyurl.com/ 5a59sf4s



#### **Start for Life**

https://tinyurl.com/ y7ye9ear



#### **Sepsis Information**

https://tinyurl.com/ mr2xu7xx



#### **The Lullaby Trust**

https://tinyurl.com/ yck4meuu



# ICON (Crying Babies)

https://tinyurl.com/ 3umr7dc2



# Sex and Contraception After Birth

https://tinyurl.com/ 4puabpa7

bddvvi2m



# Tommy's Pregnancy Hub Pregnancy and Post-birth Wellbeing Plan https://tinyurl.com/



## Feeding your Baby

https://tinyurl.com/ 3n6xkcnp



## Childhood Immunisation

https://tinyurl.com/ 5a3c7khm



## **Tiny Happy People**

https://tinyurl.com/ ydzpt9h4



# **Baby Safety**

https://tinyurl.com/ 5n8wyttr



# Healthy Teeth and Gums

https://tinyurl.com/ 2vcp5yab



# **Baby Buddy App**

https://tinyurl.com/ a2jh2r3h



## Early Help Nottingham

https://tinyurl.com/ 937vx9bj