

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](http://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>

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 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>



**Feeding your Baby**

<https://tinyurl.com/3n6xkcnp>



**Start for Life**

<https://tinyurl.com/y7ye9ear>



**Childhood Immunisation**

<https://tinyurl.com/5a3c7khh>



**Sepsis Information**

<https://tinyurl.com/mr2xu7xx>



**Tiny Happy People**

<https://tinyurl.com/yzpt9h4>



**The Lullaby Trust**

<https://tinyurl.com/yck4meuu>



**Baby Safety**

<https://tinyurl.com/5n8wytrr>



**ICON  
(Crying Babies)**

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



**Healthy Teeth and Gums**

<https://tinyurl.com/2vcp5yab>



**Sex and Contraception  
After Birth**

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



**Baby Buddy App**

<https://tinyurl.com/a2jh2r3h>



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

<https://tinyurl.com/bddvj2m>



**Early Help  
Nottingham**

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