

Services for Young Children

Useful Contacts for Hampshire Healthy Families

General enquiries – HHF portal website. Covers 0-19 service

<https://www.hampshirehealthyfamilies.org.uk/>

| Health Topic area | Website/Organisations name | Link/Telephone number |
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| Breast feeding | NHS website National Breastfeeding Helpline: | https://www.nhs.uk/conditions/baby/breastfeeding-and-bottle-feeding/ 0300 100 0212 |
| Child development | What to Expect When | What-to-expect-in-the-EYFS-complete-FINAL-16.09-compressed.pdf (foundationyears.org.uk) |
| Crying (infant) | ICON | http://iconcope.org/parentsadvice/ Details are also in parents' red books |
| Healthy eating/lifestyle | Introduction to Solids Better Health Start 4 Life First Steps Nutrition | Weekly online workshops by Nursery Nursing team – Introduction to Solids Workshop Tickets, Multiple Dates Eventbrite Healthier Families - Home - NHS (www.nhs.uk) Weaning Start 4 Life (www.nhs.uk) First Steps Nutrition Trust |
| Health visiting and school nursing support | Chat health – 0-5 Chat health – 5-19 Chat health – Young People | 07520 615720 07507 332417 07507332160 |
| Immunisations | HHF website – immunisation tile | https://www.hampshirehealthyfamilies.org.uk/school-age-immunisations |
| Mental health - adult | Mind - Charity Dads Matter Dad Pad | https://www.mind.org.uk/ Dads Matter Dads Mental Health - Overview (dadsmatteruk.org) DadPad The Essential Guide for New Dads Support Guide for New Dads (thedadpad.co.uk) |
| Mental health – child and YP | Young minds HHF website – Health for Teens tile | https://www.youngminds.org.uk/ https://www.healthforteens.co.uk/ |
| Oral health | Find a dentist Brush DJ App | https://www.nhs.uk/service-search/find-a-dentist Brush DJ |
| Physical activity | Born to Move App Healthier Families | Download for free Activities for kids - Healthier Families - NHS (www.nhs.uk) |
| Safe sleep | Lullaby Trust | https://www.lullabytrust.org.uk/safer-sleep-advice/ |
| Safety awareness | Child accident prevention | https://www.capt.org.uk/ |
| School readiness | Hampshire County Council | Ready for School Health and social care Hampshire County Council (hants.gov.uk) |
| Stopping smoking | Smoke free Hampshire | https://www.smokefreehampshire.co.uk/ 0800 772 3649 |
| Speech and language | I Can – The Communication Trust Literacy Trust | https://ican.org.uk/i-cans-talking-point https://wordsforlife.org.uk/ |

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| Substance misuse | Mind NHS website – search for support services | https://www.mind.org.uk/ https://www.nhs.uk/service-search/other-services/Drug-treatment-services/LocationSearch/340 |
| Sun safety | HHF website – Health For Under 5s tile | https://healthforunder5s.co.uk/sections/baby/keeping-safe-in-the-sun/ |
| Hampshire Healthy Families offer | HHF website – Activities for Parents | https://www.hampshirehealthyfamilies.org.uk/activities-for-parents |
| Courses and workshops (booking) | Eventbrite | https://www.eventbrite.co.uk/o/hampshire-healthy-families-hfbarnardosorguk-18591502869 |
| Online resources | HHF website – Health For Under 5s tile | https://healthforunder5s.co.uk/ |
| Social Media | HHF accounts | Search for us on Facebook, Twitter and Instagram |
| Social walking Meeting other parents | Ready Steady Mums | Ready Steady Mums : Hampshire Healthy Families |
| Volunteering | Barnardo's website | https://www.barnardos.org.uk/get-involved/volunteer |
| Childcare providers | Hampshire Family Information Support Hub (FISH) | https://fish.hants.gov.uk/kb5/hampshire/directory/home.page |
| Parenting Support | Hampshire Specialist Parenting Support | Hampshire Specialist Parenting Support Service Barnardo's (barnardos.org.uk) |
| Toileting | ERIC | Parents and carers ERIC |