

## Healthy Family Team: 0 - 19 Public Health Nursing Service

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### Welcome to Primary School

We just wanted to say hello and introduce ourselves. We are your local Healthy Family Team. It is our job to support you and your family with any health and wellbeing needs.



### This is how we can support you and your family:



#### Appointment Line

You can access support from your local Healthy Family Team through a range of appointment-based health sessions for parents, children and young people.

[www.nottinghamshirehealthcare.nhs.uk/healthy-families-additional-support](http://www.nottinghamshirehealthcare.nhs.uk/healthy-families-additional-support)



#### Advice Line

This is for parents, carers and healthcare professionals who want to speak to the Healthy Family Team for advice or support.

Monday to Friday, from 9am to 4.30pm

**Telephone**  
0300 123 5436



#### Parentline

This is a confidential text messaging service delivered by the Healthy Family Team for parents and carers. Monday to Friday, from 9am to 4.30pm

**Text**  
07520 619919



#### Health For Kids

This website offers a fun, engaging and interactive way for children to learn about health. It links parents and children to appropriate health and wellbeing services.

[www.healthforkids.co.uk](http://www.healthforkids.co.uk)



## Healthy Family Team: 0 - 19 Public Health Nursing Service

The Healthy Family Team, previously known as Health Visitors and School Nurses, work with families with children aged 0 - 19 years.

### The Healthy Family Team:

- Provide routine health promotion checks from before birth to leaving school.
- Offer brief interventions and short programmes of support.
- Signpost and refer to other services.
- Work with GP's, social care, education and other children's services.

Routine healthy child development reviews will be offered to all children and their carer's at Antenatal, Birth to 14 days, 6-8 weeks, 1 year and 2- 2½ years. After this, the service becomes parent-led/carers-led, where you can contact the team whenever you need them.

Advice Line - 0300 123 5436

## Healthy Family Teams Contact Details

### Advice Line

0300 123 5436

#### ChatHealth

TEXT ONLY 07507 329952 (11-19 YEAR OLDS)

#### Parentline

TEXT ONLY 07520 619919

#### Health for U5s

WWW.HEALTHFORU5S.CO.UK

#### Family Nurse Partnership

01623 484829

#### Health for Kids

WWW.HEALTHFORKIDS.CO.UK

#### Health for Teens

WWW.HEALTHFORTEENS.CO.UK





## Useful websites

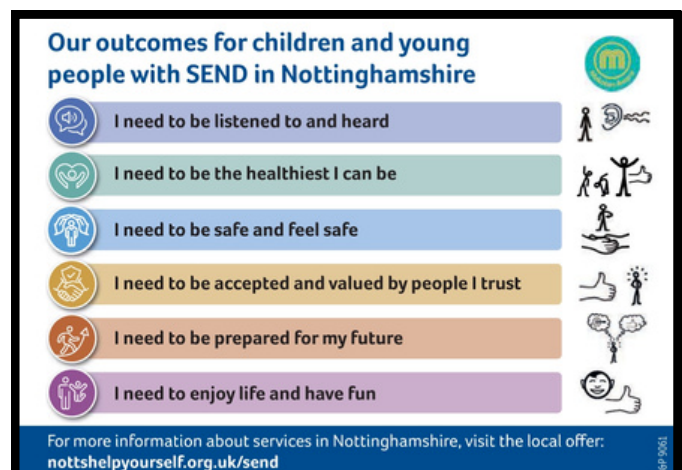
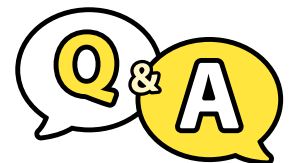


[www.healthforunder5s.co.uk](http://www.healthforunder5s.co.uk)



[www.healthforkids.co.uk](http://www.healthforkids.co.uk)

## SEND (Special Educational Needs and Disabilities)



# National Child Measurement Programme

To help monitor national trends and to support individual needs the National Child Measurement Programme (NCMP) measures the height and weight of every child in reception year (aged 4 to 5) and Year 6 (aged 10 to 11 years) in all primary schools.

Trained staff from the Nottinghamshire Healthcare NHS Foundation Trust carry out the measurements.

If there are any concerns, please speak to your Health Professional.



## Mouth Care



Brush teeth, for 2 minutes, morning and especially at night.



Limit sugary foods and drinks to mealtimes only.



Visit the dentist regularly for a mouth check.

How to find an NHS Dentist:

Call: 111

Visit: [www.nhs.uk](http://www.nhs.uk)



## Eye Health

Free NHS sight tests are available at opticians for all children under 16 and for young people under 19 in full-time education.



[www.nhs.uk/conditions/eye-tests-in-children/](http://www.nhs.uk/conditions/eye-tests-in-children/)



## Hearing Checks

Although your child will have routine hearing tests it is important you look out for any hearing problems.

Signs of possible hearing problems:

- Poor concentration.
- Talking loudly and listening to the tv at a high volume.
- Difficulty pin pointing where a sound is coming from.
- A change in their progress at school.
- Mispronouncing words.
- Not responding when their name is called.
- Speak to your GP or Health Family Team if you have any concerns. Your child can have a hearing test at any age.