

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

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We just wanted to say a big hello and introduce ourselves. We are your local Healthy Family Team. It is our job to support local families with young children with any health and well-being 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.healthforunder5s.co.uk](http://www.healthforunder5s.co.uk)





# Parentline

**We now have a text messaging service for parents/carers of children aged 0-19.**

Get confidential advice from our Healthy Family Teams on a range of issues.

**Text Parentline:**

**07520 619919**

- Feeding and Nutrition
- Child Development
- Parenting advice and support
- Emotional health and wellbeing
- Behaviour difficulties
- Family Health



We make every attempt to ensure that we have responded to your query as quickly as possible. 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 sent between 9am and 4.30pm. If you need help before you hear back from us contact your GP, health visitor or dial 111. Our text number does not receive voice calls or SMS (text) messages. We support messaging from UK mobile numbers only but do not include messages sent from landlines, international mobile numbers and some 'number masking' mobile apps. To prevent the health professionals sending messages to you, text STOP to our number. Messages are charged at your usual rates.

# Advice Line

This is a 'single point of access' advice line for parents, carers and healthcare professionals who want to speak to the Healthy Family Team for advice or support.



**Call**  
**0300 123 5436**



## 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)**

**Scan:**



## 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 Healthy Family Team if you have any concerns. Your child can have a hearing test at any age.**





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



[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/carer-led, where you can contact the team whenever you need them.

**Advice Line - 0300 123 5436**



**Don't forget you have the Parent Held Record  
(Red Book) to record information too.**

