



# Welcome to our Spring Newsletter!

Welcome to the Spring (5th) Edition of the Families' Health and Wellbeing 0-19 Service Newsletter!

In this issue you will find information about the Reception Health Questionnaire and how to access it, Responsive Feeding and how it is linked to healthy future weight status, how to help young people to cope with their upcoming exams, money-saving tips, Infant Mental Health week 2022, information about a peer support group ran by CAMHS (Child and Adolescent Mental Health Services) which is available to South Staffordshire parents, and we will introduce you to another member of the FHWS 0-19 team, Trudi.

## Families Health and Wellbeing 0-19 service Newsletter

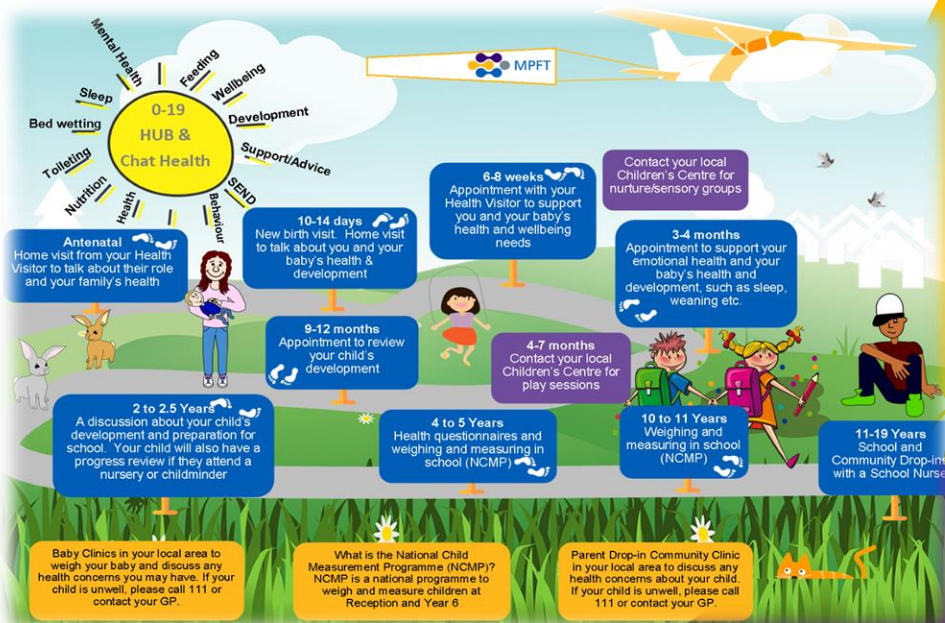
### Issue 5 - Spring Edition

Don't forget, you can still access all our earlier newsletters via the Midlands Partnership Foundation NHS Trust (MPFT) website for lots more information and advice on a range of topics including getting your child ready to start school, toileting issues, home and sun safety, and young people's emotional health and wellbeing.

We hope you enjoy this issue and again welcome any feedback for future issues.

Wishing you all the best for the coming weeks,

Zoe, Janine, Kate, Heidi and Gemma



Together we are making life better for our communities

# Responsive Feeding (Babies and young children)



## What is responsive feeding?

Also called 'baby led' or 'on demand' feeding, responsive feeding is about **recognising** the signs that your baby or child gives you to say when they are hungry or full, and **responding** by giving them food, or stopping feeding.

Think of it as 'YOU PROVIDE, YOUR CHILD DECIDES'

If you are breastfeeding, responsive feeding is also to do with your needs. You may want to offer a breastfeed if your breasts are uncomfortably full, or if you need to fit in a feed around other commitments, or if you just want to sit down and enjoy spending some time with your baby.

**What's so great about responsive feeding?**

- ✓ Responsive feeding sets your baby up for healthy growth and development
- ✓ Helps develop healthy eating habits
- ✓ Lowers the risk of becoming overweight
- ✓ Helps your child learn how to feed themselves
- ✓ Makes mealtimes easier

**If you *don't* practice responsive feeding:**

- ☹️ You override your baby's own internal signs of hunger and fullness
- ☹️ Your child may develop unhealthy eating habits and be more likely to become overweight later on
- ☹️ You may affect your baby's ability to self regulate or control, their eating and emotions later on



## How much and how often?




The amount of food your child needs changes. A new-born baby's stomach is only the size of a walnut, so they need to feed little and often but as they grow they will go through different patterns of feeding and eating. Some days it will feel like they do nothing but feed/eat, on other days they will want much less. This is OK.



## How do I know if they are hungry or full?

Even if they can't talk yet, babies have all kinds of ways to tell you when they're hungry and when they've had enough. When your child sends signals that they are hungry or full, it's important to respond promptly – and in a way that's warm and loving.

Check out this guide to signs of hunger and fullness at different feeding stages:

During breast/formula feeding		
<p><b>Hungry</b></p> <ul style="list-style-type: none"> <li>- Roots – opens mouth looking for breast or bottle</li> <li>- Chews on hands</li> <li>- Makes sucking sounds or motions</li> <li>- Clenches hands over chest/ tummy</li> <li>- Flexes arms and legs</li> <li>- Cries or seems unsettled</li> </ul>		<p><b>Full</b></p> <ul style="list-style-type: none"> <li>- Unlatches &amp; re-latches to the breast</li> <li>- Gets distracted easily</li> <li>- Pushes breast or bottle away</li> <li>- Closes mouth</li> <li>- Spits out breast or formula milk</li> </ul>
Once starting solids		
<p><b>Hungry</b></p> <ul style="list-style-type: none"> <li>- Opens mouth and leans towards food</li> <li>- Follows food with eyes</li> <li>- Excited when they see food</li> <li>- Reaches out to grab food</li> </ul>		<p><b>Full</b></p> <ul style="list-style-type: none"> <li>- Pushes food/spoon away</li> <li>- Closes mouth when offered food</li> <li>- Spits food out</li> <li>- Easily distracted</li> <li>- Tries to leave high chair/table</li> <li>- Throws food</li> </ul>
In Toddlerhood		
<p><b>Hungry</b></p> <ul style="list-style-type: none"> <li>- Sounds, words or hand gestures they're hungry</li> <li>- Reaches for food</li> <li>- Cries, fusses or throws tantrum – hangry at this point!</li> </ul>		<p><b>Full</b></p> <ul style="list-style-type: none"> <li>- Turns head away to say 'no more'</li> <li>- Plays or throws food</li> <li>- Covers mouth with their hands</li> <li>- Spits out liked food</li> <li>- Easily distracted</li> <li>- Wants to leave/go play</li> </ul>

If you want to know more about responsive feeding or have concerns about your baby or child's growth, please contact the FHWS 0-19 service for further advice.

# IS YOUR CHILD IN RECEPTION? LOOK OUT FOR THE RECEPTION HEALTH QUESTIONNAIRE



We are continually looking at ways to save our planet's precious resources and one way is to consider how we communicate and share information with parents and carers within the school setting.

With the support of Staffordshire schools, our School Nursing service has implemented new systems to deliver information around the National Child Measurement Programme and Reception Health Questionnaire processes.

Do you know how many pieces of paper are produced from one tree?



Why not ask your child to help you find out?

One quick win with the new process was a **90% reduction** in printing costs and paper used. With over 8,000 reception aged children in Staffordshire we were using was lots of pieces of paper!

All parents/carers of reception age children will now receive an email letter, with a secure link to the online questionnaire within the secure MPFT Survey Application site. The form only takes a few moments to complete. Information added to the form is submitted securely and won't be shared with the school or anyone else, other than your School Nurse. We will always have paper copies available for families or schools that request them.

Initially we did hit a few snags, with some devices not allowing submission of the form. All of these issues have now been resolved, so if you did receive a link but were unable to submit we ask that you take a few moments to complete the survey and offer our apologies for any time you may have wasted initially trying to submit. The questionnaire allows your School Nurse to review how your child is settling into school and whether you, your child or their school would benefit from a little extra support.

If you've not yet seen the form, it will be heading your way very soon. Keep a look out in your inbox for emails from your child's school.

Thank you.



## Infant Mental Health Awareness week 13<sup>th</sup> – 19<sup>th</sup> June 2022

The Families' Health and Wellbeing 0-19 Service are proud to announce their support for Infant Mental Health Awareness week which takes place this year from 13<sup>th</sup> – 19<sup>th</sup> June. The theme set by the Parent-Infant Foundation this year is understanding how traumatic experiences in the early years of life impact upon the development of our brains, for example, being exposed to domestic abuse. There is evidence to support how secure relationships with parents and carers can reduce

stress that is caused by trauma and how this may limit any long-term impact on a baby's development. The early relationships between a baby and their parent and carers are important for building a healthy brain and it is now widely recognised that what happens in the first 1001 days of life are especially important.

During the week starting 13<sup>th</sup> June look out for the Families' Health and Wellbeing Service's social media posts on Facebook, Instagram, and Twitter to learn more about how you can support your baby's social and emotional development, from pregnancy and beyond; the first 1001 days. Follow this link to get a little taster of the information we will be sharing:

[How babies develop brain connections, even before birth - BBC Tiny Happy People](#)

The Community Development team will also soon be launching 'Amazing babies, Amazing Brains.' This a free virtual session for parents to book on to which aims to:

- Answer your questions about how your baby's brain develops and how babies communicate their needs
- Give you evidence-based information to help you understand more about their different behaviours/states

The team hope that this will help you to:

- have a greater understanding of your baby's needs and feel confident in your responses to your baby's cues
- know where to go for further information, support, and advice



### What is Infant Mental Health? Why does it matter?

Infant mental health describes the social and emotional wellbeing and development of children in the earliest years of life.

Sensitive, responsive and trusted relationships are fundamental to infant mental health. Parents and caregivers help babies to learn how to experience, manage and express their emotions, and to feel safe to explore the world.



Because the first 1001 days are a period of rapid development, early experiences affect not only babies' emotional wellbeing now but also influences how their bodies and brains develop.

Although children's futures are not determined by the age of two, severe and persistent problems in early relationships and emotional development can have pervasive and lifelong impacts on a range of outcomes.



**Good infant mental health:**

- enables young children to **feel safe and secure**, ready to play, explore and learn as they enter early education and school;
- increases the chances of babies **achieving their potential** in later life and **contributing to society and the economy** as adults;
- lays the groundwork for children's ongoing **social and emotional development**, including resilience and adaptability - key competencies that will help them to **thrive**;
- helps children to **develop behavioural and physiological regulation** which are linked to lifelong physical and mental health and wellbeing;
- gives babies the **skills to form trusting relationships** which are essential for living a healthy and fulfilling life.

It's very important to **promote emotional wellbeing and development** and to provide support to families if they experience difficulties in parent-infant relationships.

Good infant mental health promotes positive outcomes throughout a person's life and influences how they parent their own children. **Investing in infant mental health pays dividends for generations to come.**

<https://1001days.org.uk/resources>

**MPFT Families Health and Wellbeing Service**

**Virtual Group Programme**

**Dental Health - looking after your child's teeth**  
(for parents/carers of new babies through to teens)

**Moving on to solid food**  
(for parents/carers of babies 3 months +)

To find out more and to book a place visit our dedicated bookings page:  
<https://tinyurl.com/2p85wcyh>

or visit our website  
[www.mpft.nhs.uk/services/health-visiting-and-school-nursing/staffordshire-clinics](http://www.mpft.nhs.uk/services/health-visiting-and-school-nursing/staffordshire-clinics)

free

New sessions coming soon ... check back on the bookings page

Facilitated by Health Visitors

We look forward to welcoming you very soon so whilst you are waiting there are other virtual sessions you can book on to. Use our bookings page link: <https://tinyurl.com/2p85wcyh> or the QR code below to book on to these free courses.

# A Day in the life of.....

Hello! I am Trudi Bailey;

I am a Staff Nurse and work in the Newcastle and Staffordshire Moorlands 0-19 Universal teams. I have worked in the health visiting service for 9 years now. I began in the Newcastle team, where some families with older children may have met me at the Coffee Tots group which I ran. I still see some familiar faces when I am out and about which is lovely, especially seeing how those little babies have grown! I have also worked within the Stafford and Stone Health Visiting team, so I have been able to gain a good understanding of the different towns and communities within Staffordshire. I have enjoyed working and gaining experience in all these areas and have been lucky to meet lots of lovely families, service providers, and colleagues - I have made some friends for life along the way!

As a registered nurse, I have my own appointed clinics where I will see babies and their parents/ carers (usually their mother) around the age of 12 -16 weeks for their 3–4-month health visitor review which we offer to all families with new babies. These appointments take place in different venues across Newcastle and the Moorlands, such as health clinics, community hospitals and children's centres. During this review, there is a lot of information which is shared about topics such as infant feeding, child development, home/ travel and sleep safety, oral health, and moving on to solid foods. At this stage, babies are often heading towards reaching new developmental stages like learning to roll, teething, and laughing. As things start to change, parents often have different questions about their baby's development, what to expect next, and the things they can do to help. I always encourage parents/ carers to talk about any concerns or queries they have and will offer evidence-based advice and guidance, or signpost as needed to make sure that they feel supported and reassured.

The focus of the 3–4-month appointment is perinatal mental health because it is something which is thought to affect up to 20% of women during pregnancy, and in the first year after having a baby – and we know that it can happen to anyone. The appointment is usually attended by the mother, but I will also ask about the emotional wellbeing of fathers and other caregivers because it is so important for any mental health issues to be found and treated. When our emotional health and wellbeing is low it can affect our close relationships and the way we respond to others, which can include the way we interact and respond to our babies. Occasionally, some parents can be worried about letting professionals know that they are having a tough time because they are unsure of what will happen or feel judged. I will always reassure parents of this when we talk about perinatal mental health and let them know that I really want to help them feel better. If a parent does tell me that they are feeling tearful, anxious, or depressed – I will offer as much support and reassurance as I can, and with consent, I will assess whether they may benefit from more support. I will talk to them about what support is available and help them to access this if they want it. I genuinely want the best outcome for every family I meet and will always aim to make a difference. I feel very privileged when a parent/ carer trusts me enough to tell me how they are feeling and to be in a position where I can help.

The 3–4-month contact is the main aspect of my role, but recently, I have received extra training and now run an enuresis clinic for 5–19-year-olds. I enjoy how my role has evolved over the years and how I have been able to learn new skills and work across the 0-19 age range. I also provide support to our Strengthening Families team which can mean giving families' strategies and advice to manage aspects of behaviour, such as sleep routines, or toileting, or completing 1 or 2 – 2.5-year development reviews, for example. I really enjoy working with families and being able to build good relationships with them to achieve the best outcomes.

**Trudi Bailey**  
**Staff Nurse – Newcastle and Moorlands 0-19 teams.**



# Money Saving Ideas for Families



It's expensive to raise a family and with lots of prices going up, it may be hard to see how we can make savings. In this article we have tried to pull together some ideas to help families. We have included links that can be followed for useful advice or support.

- It sounds like a simple thing to do but it can help if you work out a family budget. It may help to write down what comes in and what goes out and will help to plan what money you need for important things like rent/mortgage payments, gas, electricity, food, and nappies, for example and any money that you have spare.
- Don't forget to check what is available to you as there are benefits and financial support that you might be entitled to if you are pregnant and once your baby is born. Citizens Advice can help you with this.
- Branded items are often more expensive than non-branded options or items - so think about expensive items, do you need branded things like prams or car seat? Is there another choice that can do the same job safely?
- Planning meals for a week can help you to stick to a list to shop for ingredients. You may be able to batch cook (cook more than you need) and freeze meals saving time and money.
- Check to see if the supermarket you shop at is the cheapest and will switching to another supermarket help you to save some more money. Don't forget to think about travel - if a cheaper supermarket is further way and a taxi is needed, will it still make this a cheaper overall?
- Making a switch with broadband or mobile phones could be another way to save money.
- Think about loyalty cards – if you spend at one supermarket a lot check the loyalty card out and what rewards these may give you.
- Budget-friendly ways to enjoy your baby/children: local Children's Centres can be a good place to find free or cheaper activities to do with a baby or child. Many activities that you can do with your baby will also help to promote development and are totally free. For all ages, enjoying the outdoors is free and can be fun for example scavenger hunts finding things in nature or visit the Staffordshire Local Offer for places to visit. Check out these suggestions for Newborn to 6 months, for example - [0-6 months | Stoke Speaks Out](#).
- Saving money on energy bills

## There may be ways to make a few changes around your home to cut electricity/gas use, such as:

- Switching off electrical items that are on standby (unless an item needs to stay on).
- Draught-proofing windows/doors
- Turning off lights and changing to LED bulbs
- Washing clothes on a 30-degree cycle and avoid using a tumble dryer where possible.
- Reducing time spent in the shower and swapping to showering instead of having a bath.
- Kitchen appliances such as kettles are high use items so boil only what you are going to use.
- Running the dishwasher (if you have one) when it is full.
- Insulating your home - to keep it warmer for longer.



If you find yourself in debt, please try and get some support. You are not alone and there are many places you can turn to - [Free debt advice: Get help with your debt problems - MSE \(moneysavingexpert.com\)](#), [Money and mental health - Mind](#)

## Money Saving Resources and Support:

- <https://www.which.co.uk/money/money-saving-tips/saving-money/21-money-saving-tips-for-parents-at4hm5z4t7yn> - advice on some ways how to save money with a family
- <https://www.bda.uk.com/resource/food-facts-eat-well-spend-less.html> - looks at ways to eat well with a budget
- [https://www.bbc.co.uk/food/articles/slow\\_cooker\\_hacks](https://www.bbc.co.uk/food/articles/slow_cooker_hacks) - looks at ways to save time and be budget conscious
- <https://www.citizensadvice.org.uk/benefits/> - if you need help with benefit entitlement
- <https://www.gov.uk/browse/benefits/low-income> - benefits for low income
- <https://www.healthystart.nhs.uk/frequently-asked-questions/the-new-healthy-start-scheme/> - check if you can claim for Healthy Start card and apply
- <https://www.stokespeaks.org/activities> - play can be free so follow the link for ideas from Stoke Speaks Out for your younger children
- <https://www.nhs.uk/pregnancy/finding-out/health-things-you-should-know-in-pregnancy/> - health during pregnancy
- <https://www.gov.uk/sure-start-maternity-grant> - check if you can get a one of payment
- <https://www.gov.uk/child-benefit> - how to claim child benefit
- <https://www.staffordshire.gov.uk/Children-and-early-years/Ccentres/Childrens-centres.aspx> - children's centres for Staffordshire
- [Energy Saving Tips \(moneysavingexpert.com\)](#) – ways to save on gas/electricity
- <https://www.nhs.uk/healthier-families/activities/sports-and-activities/#get-going> - Free activities to do at home
- [Keeping kids active - Together Active Staffordshire & Stoke-on-Trent](#) - Activities to do at home
- [Children, Families and Care leavers - Search Results | Staffordshire Connects](#) – Activities/ places to visit in Staffordshire

Article by:

**Clare  
Howard**

*Health  
Visitor/ CD*



# Coping With Exams



As we are approaching exam time, we have put this guidance together to help reduce feelings of stress and exam pressure by supporting some good habits and routines.

## YOUNG PEOPLE.....

### Do.....

- Let people know if you're feeling overwhelmed/ under pressure
- Make a revision timetable and break it down into manageable chunks
- Eat well, stay hydrated and get plenty of sleep
- Set small goals and keep a revision list so you can see your progress
- Take time out to relax/ do something fun

### Don't.....

- Compare yourself to friends/ siblings
- Rely on last minute cramming
- Keep it to yourself if you don't understand something
- Have too much caffeine/ energy drinks – this will make you feel more anxious and affect your sleep
- Get distracted by your phone – put it in another room or turn it off until you take a break

## PARENTS & CARERS.....

- If possible, provide a quiet place to study away from where they sleep
- Be lenient about messy rooms and unfinished chores
- Give them time to talk – avoid criticism/ 'nagging'
- Give lots of positive encouragement – reassure them of your love and support regardless of their results
- Help them feel prepared by making sure they have everything they need ready the day before an exam – pens, pencils, ruler etc.



## COMMON SIGNS OF STRESS TO LOOKOUT FOR:

- Irritability
- Sleep problems
- Negative thoughts/ feeling hopeless about the future

For further support, you can call or text a school nurse on:

- 0300 3033923 – Newcastle, Moorlands, Stafford, and South Staffs
- 0300 3033924 – Cannock and Rugeley, Lichfield, Tamworth, and Burton
- ChatHealth (Parents) 07520 615722
- ChatHealth (Young People aged 11-19) 07520 615721

## School Satchel



Hi, I'd like to introduce myself, my name is Chanté Williamson (Senior Parent Support Worker) and I began working for South Staffs CAMHS (Child and Adolescent Mental Health Services) last September.

Along with my colleague Bethan Baëz-Devine (CAMHS Clinician), I've set up a new online parent support group for local families whose children are going through CAMHS. We welcome families who have only just started to begin trying to get a referral, are already working with CAMHS, and those who've been through CAMHS already but feel they still need some support. We are here for the families of children and young people of all ages and everyone is welcome.

Our group offers a relaxed coffee morning-style chat with other people going through similar experiences. We hope to give our families a safe place to share and feel supported, without judgement, and hope to offer a rewarding

and welcoming space to all. We also have guest speakers who sometimes join us to talk about relevant topics, such as Autism, sleep, ADHD, depression and anxiety.

Evidence shows that children's mental health improves when families and carers also receive help and support. We hope that by offering this service, the wellbeing of the whole family, not just the child or young person going through CAMHS, will improve.

**We meet every Wednesday during term time over Zoom, from 1pm – 2:30pm. You can register to join us using the following link:**

When: Wednesdays in term time 01:00 PM – 02:30 PM

*Register in advance for this meeting:*

[https://us02web.zoom.us/meeting/register/tZUof-6tpjkqHdddK6tg8t0Vz7A2\\_-jCjg62](https://us02web.zoom.us/meeting/register/tZUof-6tpjkqHdddK6tg8t0Vz7A2_-jCjg62)

*After registering, you will receive a confirmation email containing information about joining the meeting.*

**If you have any questions, you can get in touch with me, Wednesday to Friday, via any of our social media pages or by email. We hope to see you there!**

Email: [CAMHSParentSupport@mpft.nhs.uk](mailto:CAMHSParentSupport@mpft.nhs.uk)

Twitter: @CamhsFamilyMPFT /  
<https://twitter.com/CamhsFamilyMPFT>

Facebook: <https://www.facebook.com/CamhsFamilyMPFT>

Contact us on Messenger via the button on our Facebook page: @CamhsFamilyMPFT

Instagram: [camhs.familympft](https://www.instagram.com/camhs.familympft)

Website: <http://camhs.mpft.nhs.uk>

**South Staffs CAMHS**  
*Online Parent Support Group*

**Join Bethan Baëz-Devine & Chanté Williamson every Wednesday in term time over Zoom, 1pm-2:30pm.**

**[https://us02web.zoom.us/meeting/register/tZUof-6tpjkqHdddK6tg8t0Vz7A2\\_-jCjg62](https://us02web.zoom.us/meeting/register/tZUof-6tpjkqHdddK6tg8t0Vz7A2_-jCjg62)**

**Email: [CAMHSParentSupport@mpft.nhs.uk](mailto:CAMHSParentSupport@mpft.nhs.uk)**

**Twitter: @CamhsFamilyMPFT**

**Instagram: [camhs.familympft](https://www.instagram.com/camhs.familympft)**

**Facebook:**

**<https://www.facebook.com/CamhsFamilyMPFT/>**

South Staffs CAMHS Parent Support Group  
Stronger Together

NHS  
Midlands Partnership  
NHS Foundation Trust  
A Keele University Teaching Trust





The Families' Health and Wellbeing 0-19 Service works with families and children aged 0 to 19 years old across Staffordshire in lots of different venues - families' homes, clinics, schools, children's centres etc.).

Over the past two years, our services have adapted and evolved due to COVID-19 and the many challenges it presents. In addition to continuing to provide our face-to-face home visits, clinics, and school drop-ins safely, it has also meant that we quickly had to find and use other ways to communicate and interact with parents, young people, colleagues, and other services.

We want to make sure that we can offer the best service possible and that the information and resources we develop, such as leaflets, animations, and videos – are;

1. The topic's you want to see
2. That they contain the information you expect from us
3. That they are in the places you expect and know how to find: the FHWS newsletter, internet, Facebook, Instagram, email, ChatHealth, text, websites, leaflets, videos, animations, podcasts
4. They are they clearly written without lots of medical words or terms.

To help make sure that we get this right we are looking for parents/ carers across Staffordshire who would like to take part in some focus group sessions with us and share your views on new resources, animations, ideas that we have, ideas that you have for digital resources. How would you prefer to be communicated with in the future, tell us your thoughts, and give us your ideas.

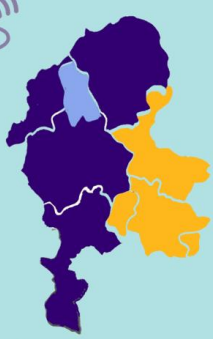
If you would like the opportunity to take part in one or more of these sessions and give us your feedback, then please let us know by scanning the QR code below to register your interest. We look forward to hearing from you! Thank you to those who have registered their interest already, we will be in touch with you soon!



# Families Health and Wellbeing 0-19 service

## Useful Information

We have included some images here for all of our services so that you can keep them for your own use or, for organisations, add them to your social media pages, waiting room/ reception TVs or newsletters, for example.



**NHS**  
Midlands Partnership  
NHS Foundation Trust  
A Keele University Teaching Trust

**Stoke Hub: 0300 303 3298**  
**East Hub: 0300 303 3924**  
**West Hub: 0300 303 3923**

MPFT

All calls are charged at your local rate, mobile phones may vary

Families' Health and Wellbeing Service (0-19)

**NHS**  
Midlands Partnership  
NHS Foundation Trust  
A Keele University Teaching Trust

HEALTHY EATING  
RELATIONSHIPS  
MENTAL HEALTH  
SELF HARM  
BULLYING  
SMOKING  
ALCOHOL  
DRUGS

**IT'S GOOD TO TALK...**

**BUT SOMETIMES IT'S EASIER TO TEXT ...**

WE HELP STUDENTS AGED 11-19 WITH ALL KINDS OF ISSUES

**TEXT YOUR SCHOOL NURSE ON 07520 615721 FOR CONFIDENTIAL ADVICE & SUPPORT**

ChatHealth



**NHS**  
Midlands Partnership  
NHS Foundation Trust  
A Keele University Teaching Trust

**Families' Health & Wellbeing**

**Tuesday 1:30pm-2:30pm**

Free to join from the comfort of your home!

Virtual Breastfeeding Support Group

- ★ Facilitated by our Infant Feeding Leads
- ★ Breastfeeding support & information
- ★ Opportunity to meet other new parents

To find out more and to book a place email:  
InfantFeedingAdminTeam@mpft.nhs.uk

or visit our website  
www.mpft.nhs.uk



**NHS**  
Midlands Partnership  
NHS Foundation Trust  
A Keele University Teaching Trust

**Families' Health and Wellbeing Service (0-19)**

We now have a text messaging service for parents/carers of children aged 0-19 who live in Staffordshire.

Get advice from our Public Health nurses (Health Visitors and School Nurses).

**TEXT: 07520 615722**



- Feeding and nutrition
- Child development
- Parenting advice and support
- Emotional health and wellbeing
- Behaviour difficulties
- Family health

**HEALTH FOR TEENS**

EVERYTHING YOU WANTED TO KNOW ABOUT

HEALTH RELATIONSHIPS FEELINGS LIFESTYLE

GROWING UP BUT DIDN'T WANT TO ASK.

**HEALTHFORTEENS.CO.UK**

TWITTER: @HEALTHFORTEENS1 #HEALTHFORTEENS

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. Texts 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 visitor from sending messages to you, text STOP to our number. Messages are charged at your usual rates.



# More Useful Information



## 0-19 Health and Wellbeing Services

### 0-5 Children's Health Information

East Hub (East Staffs, Cannock, Lichfield, Rugeley, Tamworth) 0300 303 3924  
West Hub (Moorlands, Newcastle, Seisdon, Stafford, Stone) 0300 303 3923  
Chat Health Parent Text Line County: Text: 07520 615722

**Feedback**  
  
 SCAN ME

Stoke Hub (all localities in Stoke) 0300 404 2993  
Chat Health Parent Text Line Stoke: **Coming Soon**

<b>Your child 0-5</b> 	<b>Child Safety</b> 	<b>Immunisations</b> 	<b>Positive Parenting</b> 
<b>Toileting</b> 	<b>Coping with crying</b> 	<b>Breastfeeding</b> 	<b>Start4life</b> 
<b>Weaning</b> 	<b>Dental Hygiene</b> 	<b>Safer sleep</b> 	<b>Speech &amp; Language</b> 



## 0-19 Health and Wellbeing Services

### 5 -19 Children's Health Information

East Hub (East Staffs, Cannock, Lichfield, Rugeley, Tamworth) 0300 303 3924  
West Hub (Moorlands, Newcastle, Seisdon, Stafford, Stone) 0300 303 3923  
Chat Health County: Text: 07520 615722  
Chat Health Parent Text Line County: Text: 07520 615722

Stoke Hub (all localities in Stoke) 0300 404 2993  
Chat Health Text Line Stoke: 07520 615 723  
Chat Health Parent Text Line Stoke: **Coming Soon**  
For young people living in Staffordshire Text: 07520 615721

<b>Health for Teens</b> 	<b>Sexual Health</b> 	<b>Sexual Health Clinics</b> 	<b>Drugs &amp; Alcohol Advice</b> 	<b>Quit Smoking</b> 
<b>Gender identity</b> 	<b>Growth &amp; Weight</b> 	<b>Exam Stress</b> 	<b>Online Safety</b> 	<b>Emotional Health</b> 
<b>Continence</b> 	<b>FHWS 0-19</b> 	<b>To give us Feedback:</b>  SCAN ME	<b>Parent guide 12 - 19 years</b> 	<b>Parent guide 5 - 11 years</b> 

Thank you for reading our newsletter.

Next time we will showcase another part of our service and bring you lots more articles which we hope you will enjoy.

To help us do this, we would love to get your feedback so please let us know what you would like to see in our next issue by answering a few questions, which should take less than two minutes.

Scan this QR code to access the link, or contact one of our hubs on 0300 3033923/ 3033924

