



Text Health Messaging Service

We provide a confidential text service for parents and caregivers

Whatever is worrying you, let's talk it through.

Text a Public Health Nurse on:

074806 35002

And for 11-19 year-olds

Worried about your health?

Text your School Nurse on:

07480 635024

Or start a text chat at:

www.chathealth.nhs.uk



If you would like more information about our services, would like to translate this information or use accessibility tools please go to our website.

Children's Public Health 0-19 Nursing Service

The team is made up of Health Visitors, Family Nurses, and School Nurses who have had specialist training in working with children to assess and support their health and development needs.

We also have registered nurses and skilled support staff who can help you with your child's development and healthy lifestyles.

You can call us on our Children's Health Advice Hub and speak to a nurse about your child's health and development.



0300 300 0040

Opening hours 8.30am to 5.00pm
Monday-Friday

We can also help you with booking or changing appointments





Reviews and Visits

We work with every family who live in Nottingham City or have a child at a city school. We will offer you and your child at least the following appointments:

- Antenatal between 28 and 32 weeks of pregnancy
- Breastfeeding Support Contact
- New Birth Review when your baby is 10-14 days old
- 6-8 Week Review
- 9-12 month Review
- 2 -2 ½ year review
- A School Ready Review from when your child is 3 years 4 months

Details of these reviews will be recorded in your child’s personal health record (**The Red Book**). **Please ensure you bring this with you, when you attend any clinics or appointments.**

- The National Child Measurement Programme (NCMP) where we measure the height and weight of every child in Reception and Year 6
- School-based drop-in clinics for 11-19 year olds. Every young person will have access to a weekly confidential drop-in service provided by a nurse.

Please note: as we are a teaching organisation it is likely that we will have students with us when we visit you at home or in our clinics.

Our Clinic/Group Timetable

Well Baby Clinics
Breastfeeding Groups
First Foods Groups
Secondary School Drop-ins

We can provide support and information on the following topics:

Your Child’s Development

- Growth and Development
- Speech and Language
- Toilet Training and Continence
- Behaviour and Parenting
- Sleep

Your Child’s Health

- Immunisations
- Breast Feeding and Infant Feeding
- First Foods (weaning)
- Healthy Lifestyles
- Minor Injuries and Illnesses
- Home Safety
- Emotional Wellbeing

Advice and Support for Mums, Dads, Carers and Young People

- Parenting
- Sexual Health and Healthy Relationships
- Emotional Wellbeing
- Signposting to local services
- Healthy Lifestyles

