


4-6 week contact

We have put together some information that we think you will find useful. This includes information that you would normally be given during your 4-6 week meeting with your Health Visitor.
(NB. you may need to copy and paste the link into your browser).

Remember you can contact your health visitor if you are worried about your emotional health.

Leaflet provider:	Item contains:
ICON - Babies Cry You Can Cope .	<p>Please follow this link for the Cheshire East ICON leaflet: https://whh.nhs.uk/application/files/7415/7467/8834/Cheshire East ICON leaflet.pdf</p> <p>And this link for further information: http://iconcope.org/</p> <p>All babies cry, and this is a very effective way for them to communicate. When we are all feeling extra stress, it would not be surprising to feel that babies cry more, or for that crying to feel particularly hard to manage. This site offers us some understanding of baby's crying and simple strategies to think about if anyone in the family is feeling overwhelmed by this.</p>
Lullaby trust - Safe Sleep Guide	<p>Please follow this link: https://www.lullabytrust.org.uk/wp-content/uploads/Safer-sleep-for-babies-a-guide-for-parents-web.pdf</p> <p>This site offers guidance on how to keep your baby safe whilst sleeping. This includes ideas for monitoring baby's temperature and room temperature as the weather gets warmer.</p>
Parenting through coronavirus (Covid 19)- Institute of Health Visiting (Links in to a lot of services)	<p>https://ihv.org.uk/families/parenting-through-coronavirus-covid-19/</p> <p>This site offers helpful parenting information and links to a lot of useful sites, especially to those that support your mental health and wellbeing.</p>
What to do if your child is unwell or injured- Advice for parents during coronavirus	<p>https://www.rcpch.ac.uk/sites/default/files/2020-04/covid19 advice for parents when child unwell or injured poster.pdf</p> <p>This site provides clear information on what to do if your child is unwell or injured and when to seek further help.</p>

SMILE – website put together by local mums for emotional support	Thesmilegroup.org
For dads	Please follow this link: https://aimh.org.uk/dad-matters-on-youtube/
Start for Life-Weaning information	Please follow this link: https://www.nhs.uk/start4life/weaning/ Your baby will be ready for weaning onto solid foods when they are around 6 months old. This site offers guidance on how to know when your baby is ready and will help to guide you through the weaning journey.
Speech and language development-	Follow this link for ideas of how to help your baby learn to talk https://www.nhs.uk/conditions/pregnancy-and-baby/helping-your-childs-speech/
Domestic abuse-getting help and support	Please follow this link: https://www.cheshireeast.gov.uk/livewell/staying-safe/domestic-abuse-and-sexual-violence/domestic-abuse-getting-help.aspx For children and young people: https://www.cheshireeast.gov.uk/livewell/staying-safe/domestic-abuse-and-sexual-violence/children-and-domestic-abuse.aspx
Health Visiting and School Nursing Facebook Pages	Please search for ‘Cheshire East Health Visitors’ on Facebook and like our page to keep up to date with regular updates for health visiting in your area. Search Cheshire East School Nurses Facebook page if you have school age children or children due to start in Sept.
Helpline during Coronavirus epidemic	Mental Health Support Cheshire and Wirral Partnership's new 24/7 Crisis Phone Line (available 24 hours a day, 7 days a week) 0300 303 3972 Providing around-the-clock access to mental health support for all ages, children, young people and adults. In the case of a medical emergency please contact your GP, visit your local A&E department or Dial 999

<p>Cheshire East Parenting Journey</p>  <p>The logo for 'Parenting Journey' features a colorful illustration of a family: a woman in a pink dress, a man in a blue shirt, a child in a red dress, a stroller, and another child in a blue shirt. Below the illustration, the words 'Parenting' and 'Journey' are written in blue and red respectively.</p>	<p>Due to the current restrictions the parenting journey is not operating as normal i.e. Groups being held at the children's centre.</p> <p>The children's centres are still uploading videos and useful information on to their Facebook pages where you can stay up to date with the changes.</p> <p>Please search for 'Cheshire East Parenting Journey' or your local children's centre on Facebook</p>
<p>Service user feedback</p>	<p>Please follow this link to provide feedback on our service: https://www.wchc.nhs.uk/your-experience/submit/</p> <p>Please let us know about your experience with the service, we value your feedback</p>