

Welcome to Cheshire East 0-19+ team. You have recently moved into the area.

We have put together some information that we think you will find useful (you may need to copy and paste the link into your browser).

Leaflet provider:	Item contains:
Cheshire East Health Visiting Service Service user privacy notice. Read our Privacy notice – General Data Protection Regulation (GDPR)	Please see below for contact details and information on the Service provided by the Health Visiting Team. Health Visiting (Cheshire East) - Wirral Community Health and Care NHS Foundation Trust (wchc.nhs.uk) Baby clinics timetable (Cheshire East) - Wirral Community Health and Care NHS Foundation Trust (wchc.nhs.uk) Please see below how we keep your personal information safe: Service user privacy notice - Wirral Community Health and Care NHS Foundation Trust (wchc.nhs.uk)
Lullaby trust - Safe Sleep Guide	Please follow this link to the Lullaby Trust: www.lullabytrust.org.uk/wp-content/uploads/Safersleep-for-babies-a-guide-for-parents-web.pdf
UNICEF - Caring for your baby at night	Please follow this link: www.unicef.org.uk/babyfriendly/baby-friendlyresources/sleep-and-night-time-resources/caring-for-yourbaby-at-night/

	<p>Please follow the link for breast feeding information: www.nhs.uk/start4life/baby/breastfeeding/?gclid=CjwKCAjwguzzBRBiEiwAgU0FT_IYeI3Kr3_QFK71vACJPrZ1L5YPiWzS4ZpSRLqxVJvB1E0c-tTHTxoC5mQQAvD_BwE&gclidsrc=aw.ds</p> <p>And please follow this link for bottle feeding information:</p> <p>Bottle feeding leaflet (unicef.org.uk) Infant formula and responsive bottle feeding (unicef.org.uk)</p> <p>Please see link below to inform you of when babies and children need to have vitamin D: Vitamins for children - NHS (www.nhs.uk)</p> <p>Please see the link below to our Trust website for further useful information on infant feeding. Infant Feeding Team (Cherubs, Cheshire East) - Wirral Community Health and Care NHS Foundation Trust (wchc.nhs.uk)</p>
<p>ICON - Babies Cry You Can Cope</p>	<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>“Getting to know your baby”. Some useful links to support making sense of your baby.</p>	<p>Baby States and behaviours: https://ihv.org.uk/families/getting-to-know-your-baby/</p> <p>Please see the link below for short videos regarding attachment, bonding and getting to know your baby from the association for infant mental health</p> <p>https://aimh.uk/get-to-know-your-baby/</p>
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<p>What to do if your child is unwell or injured</p>	<p>Please follow this link for the Baby check app to help you understand if your baby is unwell. www.lullabytrust.org.uk/safer-sleep-advice/babycheck-app/</p> <p>Is your baby or toddler seriously ill? - NHS (www.nhs.uk) Looking after a sick child - NHS (www.nhs.uk)</p>
<p>Cheshire East Council - Catch App Trusted advice for new parents. CATCH provides NHS approved information for parents particularly regarding pregnancy and children's health. Can be personalised to your child.</p>	<p>Please follow this link: http://www.catchapp.co.uk/</p>
<p>NHS - Immunisation Guide</p>	<p>Please follow this link: NHS vaccinations and when to have them - NHS (www.nhs.uk)</p>
<p>Domestic abuse-getting help and support</p>	<p>Please follow this link: www.cheshireeast.gov.uk/livewell/stayingsafe/domestic-abuse-and-sexual-violence/domestic-abusegetting-help.aspx For children and young people: www.cheshireeast.gov.uk/livewell/stayingsafe/domestic-abuse-and-sexual-violence/children-anddomestic-abuse.aspx</p>
<p>Emotional wellbeing support For young people For Parents and Carers</p>	<p>Emotional wellbeing support for young people - www.wchc.nhs.uk/services/emotional-wellbeing-support-for-young-people/ Emotional wellbeing support for parents / carers - www.wchc.nhs.uk/services/local-support-for-new-parents-cheshire-east/ Emotional wellbeing support for new dads, partners and non-biological parents - www.wchc.nhs.uk/services/local-support-for-dads-in-cheshire-east/</p>

For Dads/Partners/ and biological parents	
Service user feedback	Please follow this link to provide feedback on our service: www.wchc.nhs.uk/your-experience/submit/ Please let us know about your experience with the service, we value your feedback
Family Hubs support children and young people from 0-19 (or up to 25 for young people with special educational needs and disabilities).	Family Hubs (cheshireeast.gov.uk)