

## Oxleas Parent Online – One year old

click on the links and images for recommended websites and leaflets

\*remember you can always talk to your health visitor team if you have more questions or need help\*

Information about how to contact your Health Visitor and details of Health visitor, Nursery Nurse and Breastfeeding drop-ins and Oxleas Parent Online resources

[Health Visiting service in Greenwich](#)

[Local Authority services Greenwich](#)

Families Information Service

Children centres local support and information for expectant and new families



[Oxleas NHS Trust](#)

[Your healthcare records](#)

What information we store about you and how you can apply to see it



[Oxleas Patient Advice and Liaison Service \(PALS\)](#)

We are committed to providing the highest standards of care with courtesy and respect at all times. However, from time to time service users or carers may have concerns about their care and treatment. PALS can provide help, advice and support



## Good health and development

[Your baby's health and development reviews - Pregnancy and baby guide - NHS Choices](#)



[What to expect, when?](#)

Leaflet about your child's learning and development



How to help your child's speech and language

[The Communication Trust](#)

[Children's Speech and Language Service Greenwich](#)



[NHS Born to move app](#)

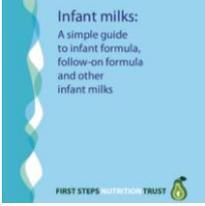


[NHS CHOICES Baby and toddler safety](#)

[Royal Society for the Prevention of Accidents; keeping kids safe](#)



<p><a href="#">iHV Top Tips for Parents</a></p> <p><a href="#">Preventing choking</a> Babies and small children are at high risk of choking on small items because they examine unfamiliar objects by putting them in their mouths. These parent tips aim to give you the basic information and to direct you to more detailed sources if you would like to find out more.</p> <p><a href="#">Safety in the home; Water safety</a> Babies can drown in just 3cm of water. For this reason it's vitally important to never leave your baby alone in the bath, not even for a moment.</p>	 <p>iHV Parent Tips</p> <p><b>Preventing Choking</b></p>  <p>iHV Parent Tips</p> <p><b>Safety in the home Water Safety</b></p>
<p><a href="#">NHS CHOICES information about Childhood vaccines</a></p> <p><a href="#">Childhood immunisations Fact sheet one</a></p> <p>An introduction to childhood immunisations This fact sheet provides some basic information on the childhood vaccination programme, explaining how vaccines work, how they are regulated and why it is important to ensure your baby receives all the recommended immunisations</p> <p>Do be sure to discuss any concerns you have with your Health Visitor too – they'll be happy to answer any other questions you may have about your baby's vaccinations.</p>	 <p><b>NHS choices</b></p> <p>iHV Parent Tips</p> <p><b>Childhood Immunisation</b></p>
<p><a href="#">Baby Sleep Information Source</a> This website presents research evidence about biologically normal sleep for human babies.</p> <p><a href="#">Get the app</a></p> <p><a href="#">Basis Sleep Information sheets</a></p>	 <p><b>Basis</b> Baby sleep info source</p>
<p><a href="#">Children's teeth</a> From brushing their first tooth to their first trip to the dentist, here's how to take care of your children's teeth. Public Health England Fact sheet; <a href="#">A quick guide to a healthy mouth in children</a></p> <p>Information on caring for your child's teeth from NHS Scotland <a href="#">Childsmile</a></p>	 <p><b>NHS choices</b></p> <p><b>CHILDSMILE</b></p>
<h2>Feeding</h2>	
<p><a href="#">NHS change4life website</a></p>	 <p><b>change 4 life</b></p>
<p>First Steps Nutrition Trust <a href="#">Eating well early years</a> First Steps Nutrition Trust is a public health nutrition charity that provides information and resources to support eating well from pre-conception to five years. <a href="#">Eating well recipe book</a></p>	 <p><b>FIRST STEPS NUTRITION TRUST</b></p> <p><b>Eating well recipe book</b> Simple, cost-effective ideas for the whole family</p>

<p><a href="#">Henry Healthy Start Healthy Future</a> Videos <a href="#">Healthy eating</a> and <a href="#">Healthy Teeth</a></p>										
<p><a href="#">The Child Infant Feeding Guide</a> helps <b>tackle fussy eating</b> and <b>create happy mealtimes</b></p>										
<p><a href="#">NHS Healthy Start</a>  <b>NHS Healthy Start Application form.</b>          Free milk, fresh fruit, veg &amp; vitamins for you and your family.          If you are pregnant or have a child under four years old you could get Healthy Start vouchers to help buy some basic foods.</p> <p><a href="#">NHS CHOICES information vitamins for children</a></p>										
<p>Breastfeeding an older child? Information on where to get help &amp; support in Greenwich, national telephone helplines and breastfeeding help websites.</p> <p><a href="#">Greenwich Breastfeeding Groups</a></p>	<p><b>Breastfeeding drop-in groups in Greenwich</b>          for all pregnant and breastfeeding mothers and their families.          These groups are run by trained Breastfeeding Advocates from Green NHS Health Visitor teams. There are also helpline, phone and Q&amp;A to help you.</p> <ul style="list-style-type: none"> <li>• Got started with breastfeeding</li> <li>• With questions or problems about breastfeeding, using formula milk and starting solid foods</li> <li>• With breastfeeding in public</li> <li>• With returning to work</li> <li>• When you are ready to stop breastfeeding</li> </ul> <p>Greenwich Breastfeeding groups are not just for problems, you can enjoy and meet other local mothers and find out about family activities and support available at the Children's Centres.</p> <table border="1"> <thead> <tr> <th>Monday</th> <th>Time</th> <th>Contact us</th> </tr> </thead> <tbody> <tr> <td>Sherrington Children's Centre, Sherrington Road, Charlton, SE7 7JF</td> <td>10.00 – 12.00</td> <td>020 8305 3141</td> </tr> <tr> <td><b>Trinity</b></td> <td></td> <td></td> </tr> </tbody> </table>	Monday	Time	Contact us	Sherrington Children's Centre, Sherrington Road, Charlton, SE7 7JF	10.00 – 12.00	020 8305 3141	<b>Trinity</b>		
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<p>From one year babies can have cow's milk (or a suitable alternative) as their main drink. Formula milks such as Growing up and Toddler milks are not needed and can do harm. You can get help or information from your health visitor and this leaflet;</p> <p>First Steps Nutrition Trust  <a href="#">Infant milks a simple guide</a></p>										
<p><b>When you need more help or information....</b>          *remember you can always talk to your health visitor team if you have more questions or need help*</p>										
<p><a href="#">Top tips for parents</a>          Use these factsheets to find expert advice on key areas of looking after your child. Written by experts in the field, they cover topics such as feeding, health, behaviour and development, and are based on up-to-date research and the experience and knowledge of real-life health visitors working across the UK.</p>										
<p><a href="#">Your pregnancy, baby, children and general NHS health guide</a>          Whatever you want to know about getting pregnant, being pregnant or caring for your new baby, you should find it here.          You'll find detailed week-by-week guides and lots of expert videos, parents' tips and interactive tools to explore.</p>										
<p><b>British Red Cross</b> <a href="#">Baby and Child First Aid app</a></p>										

<p><a href="#">NHS VIDEOS   Spotting sepsis in under 5s - NHS Choices</a></p>	<p>NHS VIDEOS  </p> 
<p><a href="#">Stopping smoking is the best thing you can do for your baby</a></p> <p><a href="#">Greenwich Stop Smoking Service   Stop Smoking now - make this time the last time</a></p>	
<p><a href="#">Cry-Sis - Support for crying baby, screaming, sleepless and demanding babies</a></p>	
<p>These websites offer more information about coping with mental health needs;</p> <p><a href="#">Feeling depressed after birth - NHS Choices</a></p> <p><a href="#">Postnatal Depression</a></p> <p><a href="#">Postnatal Anxiety - Anxiety UK</a></p> <p><a href="#">Postnatal depression in fathers   NCT</a></p>	   
<p>If you think you may be suffering from mental health needs, it is important that you speak to your health visitor or GP. These organisations may also be able to offer advice and support;</p> <p><a href="#">Mumsaid Greenwich</a></p> <p><a href="#">Greenwich Time to Talk - Oxleas NHS Foundation Trust</a></p> <p><a href="#">Find your local help and emotional support service</a></p>	 
<p>If you are in a relationship with someone who hurts you sexually, emotionally or physically or threatens and controls you, you can talk to your midwife, health visitor or GP. You can also find help and information here;</p> <p><a href="#">Getting help for domestic violence</a></p> <p><a href="#">Domestic violence - Greenwich</a></p>	 
<p>Change Grow Live - information and help with managing drug or alcohol use</p> <p><a href="#">Aspire - Greenwich</a></p> <p><a href="#">CGL BaSIS, Royal Borough of Greenwich</a></p>	