

Oxleas Parent Online – Three to four 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

[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 CHOICES Baby and toddler safety](#)

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



<p>Supporting your child's development</p> <p>Every child develops at different rates; your Health Visitor will support and empower you to help your child achieve their potential, as well as monitor your child so that early help can be put in place for your child if they need support to meet their expected milestones.</p>	  <p>Supporting your child's Development</p>
<p>Children's continence drop-in sessions If you are concerned about your child's toileting. No appointment needed.</p>	
<p>Children's teeth 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 quick guide to a healthy mouth in children</p> <p>Information on caring for your child's teeth from NHS Scotland Childsmile</p>	
<p>NHS Change4life</p> <p>Join Change4life – find out about healthy eating and activity for your family</p>	
<p>XPLORE is a FREE 8-week programme for children, young people and their families to become fitter, healthier and more active in Greenwich</p>	
<p>First Steps Nutrition Trust Eating well early years 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.</p> <p>Eating well recipe book</p>	
<p>Henry Healthy Start Healthy Future Videos Healthy eating and Healthy Teeth</p>	
<p>The Child Infant Feeding Guide helps tackle fussy eating and create happy mealtimes</p>	
<p>NHS Healthy Start NHS Healthy Start Application form. Free milk, fresh fruit, veg & 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>NHS CHOICES information vitamins for children</p>	

NHS CHOICES information about childhood vaccines	
NHS VIDEOS Spotting sepsis in under 5s - NHS Choices	
<h2>When you need more help or information....</h2> <p>*remember you can always talk to your health visitor team if you have more questions or need help*</p>	
<p>Top tips for parents</p> <p>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>British Red Cross Baby and Child First Aid app</p>	
<p>Greenwich Stop Smoking Service Stop Smoking now - make this time the last time</p>	
<p>These websites offer more information about coping with mental health needs;</p> <p>Postnatal Depression</p> <p>Postnatal Anxiety - Anxiety UK</p> <p>Postnatal depression in fathers NCT</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>Mumsaid Greenwich</p> <p>Greenwich Time to Talk - Oxleas NHS Foundation Trust</p> <p>Find your local help and emotional support service</p>	 
<p>Change Grow Live - information and help with managing drug or alcohol use</p> <p>Aspire - Greenwich</p> <p>CGL BaSIS, Royal Borough of Greenwich</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>Getting help for domestic violence</p> <p>Domestic violence - Greenwich</p>	 