

Eastleigh 0-19 Team

Helpful websites for parents/carers

Hampshire Healthy Families

Hampshire Healthy Families is a partnership between Southern Health NHS Foundation Trust and Barnardo's to deliver the healthy child programme across Hampshire.

www.hampshirehealthyfamilies.org.uk

ChatHealth

ChatHealth is a suite of text support services for parents, carers, families and young people in Hampshire. There are three ChatHealth services for:

- Parents and carers of children under 5
- Parents and carers of children and young people aged 5-19 years
- Young people aged 11-19

ChatHealth 0-5 – **07520 615720**

ChatHealth 5-19 - **07507 332417**

ChatHealth 11-19 - **07507 332160**

School Readiness

Helping your child be ready for school: www.hampshirehealthyfamilies.org.uk/da/160593

www.hampshirecamhs.nhs.uk/parents-carers/transitions

Continence advice

Potty training: www.eric.org.uk/potty-training

Continence: www.eric.org.uk/childrens-bladders

Constipation: www.eric.org.uk/childrens-bowels

Sleep advice

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Sleep workshop: www.hampshirehealthyfamilies.org.uk/workshops-courses-and-events

Advice for common sleep problems www.sleepcouncil.org.uk/information-support/children

Behaviour support

Evidenced based parenting programmes: www.barnardos.org.uk/what-we-do/services/hampshire-specialist-parenting-support-service

Behaviour advice: www.familylinks.org.uk/parent-zone

Healthy lifestyle advice

Healthy lifestyles: www.nhs.uk/healthier-families

Fussy eating: www.nhs.uk/conditions/baby/weaning-and-feeding/fussy-eaters

Promoting good emotional health in children

Emotional health advice: www.healthforkids.co.uk/feelings

www.youngminds.org.uk/parent

www.hampshirecamhs.nhs.uk/help/parents-carers/anxiety-professionals