



Resources Sheet for Nine to Twelve-month Development Review

Health Visiting Contact Details

CNWL- Milton Keynes 0-19 Team Website:

<https://www.mkchildrenshealth.cnwl.nhs.uk/>

CNWL- Milton Keynes Facebook Page:



Follow us @ Milton Keynes Health Visiting and School Nursing Service

Single Point of Access, Duty Health Visitor - 01908 725100
Mon-Fri 9.30am -12.30pm and 1.30pm - 4.30pm

Accident prevention

- Child Accident Prevention Trust - <https://www.capt.org.uk>
- St John Ambulance First Aid <https://www.sja.org.uk/get-advice/free-first-aid-app/>

Ages and Stages Assessment:

Information on ASQ Assessment Tool - <https://agesandstages.com/>

Dental care:

It is recommended that all children have a dental check by a dentist by their first birthday

- <https://dentalcheckbyone.co.uk/>
- How to find a local Dentist - <https://www.nhs.uk/using-the-nhs/nhs-services/dentists/how-to-find-an-nhs-dentist/>
- Looking after your baby's teeth - <https://www.nhs.uk/conditions/pregnancy-and-baby/looking-after-your-infants-teeth/>

Emotional wellbeing for parents:

- <https://www.mind-blmk.org.uk/>
- <https://www.mktalkingtherapies.nhs.uk/>

Healthy eating:

Range of resources for healthy eating

- <https://www.firststepsnutrition.org/eating-well-early-years>
 - Eating well snacks for 1-4-year olds
 - Good food choices and portion sizes
 - Eating well – Vegan infants and under five's
 - Packed lunches – for 1-4-year olds
 - Eating well – recipe book for all the family

Immunisations:

- <https://www.nhs.uk/start4life/baby/vaccinations-and-immunisations-baby/>

Parenting/Relationships:

- Best Beginnings, website with lots of parenting information and Baby Buddy App <https://www.bestbeginnings.org.uk/>
- Birth to Five Book - <https://www.publichealth.hscni.net/publications/birth-five>
- <https://ihv.org.uk/families/parenting-through-coronavirus-covid-19/>
- OnePlusOne relationship advice - Me you and Baby Too – <https://www.oneplusone.org.uk/>
- Simple fun activities for kids from Newborn- Five - <https://hungrylittleminds.campaign.gov.uk/>
- <https://solihullapproachparenting.com/free-downloads>

Physical Health:

- Healthy Start Vouchers – Vouchers for fruit, vegetables and formula milk (assessed on income/benefits) - <https://www.healthystart.nhs.uk/>
- Vitamin D Supplements - <https://www.nhs.uk/conditions/vitamins-and-minerals/vitamin-d/>

Speech, Language and Communication Development:

- I-Can Talking Point - information to help you understand and support children and young people's speech, language and communication.
<https://ican.org.uk/i-cans-talking-point/parents/ages-and-stages/>
- Words for life Part of the National Literacy Trust
www.wordsforlife.org.uk/baby/milestone
- CNWL Speech and Language Team
<https://www.cnwl.nhs.uk/services/community-services/milton-keynes-early-years-speech-and-language-therapy-team>
- www.literacytrust.org.uk
- <https://hungrylittleminds.campaign.gov.uk>

Life Events:

- Domestic Abuse advice - <http://www.mkact.com>
- National Domestic Violence Helpline- Run in partnership between Women's Aid and Refuge: 0808 200 0247
- NHS www.nhs.uk information on conditions and where to locate services including pharmacies
- MK ARC - <https://www.cnwl.nhs.uk/services/mental-health-services/addictions-and-substance-misuse/arc-milton-keynes>

- The Mix: www.themix.org.uk - Online support targeted for **under 25's** including mental health, drugs, joblessness, homelessness and relationships
- The Samaritans: www.samaritans.org/ or free telephone: 116 123- offering emotional support
- Drugs:
Talk to Frank www.talktofrank.com/ 0300 123 6600 – Drug and alcohol support
- Cruise Bereavement care: www.cruse.org.uk 0300 200 4108 (calls charged at standard rate) - Bereavement support

Local Contacts:

- Children & Family Centres offer support for families across 17 Children's Centres offering a range of services for families with children from 0 to 5 years old, as well as for expectant parents. Four of these centres have been further developed as Family Centres offering a wider range of services for the whole family, including older children and grandparents.

<https://www.milton-keynes.gov.uk/children-young-people-families/early-years-and-childcare/children-and-family-centres>

- Job Centre Plus www.gov.uk/contact-jobcentre-plus Telephone: 0800 055 6688
- <https://www.milton-keynes.gov.uk/benefits-council-tax>
- <http://www.mkcommunityfridge.org>
- <http://mkfoodbank.org.uk/>
- <https://www.mkstorehouse.org>

Tell us, we're still listening:

Things are a little bit different from what you are used to, but we still want to hear from you and what you have to say about our services.

Your feedback will help us continually provide the best possible experience to everyone that we care for.

We welcome your feedback through the Friends and Family Test, to access the survey, please use the camera on your phone to scan the below QR code. If you have any trouble with accessing the survey, please speak to a member of our staff or alternatively, you can use this short link: <https://buff.ly/33Fbz6s>

Scan the below image using your phone's camera to access the survey or use the above short link in blue.

