



**Milton Keynes 0-19 Team
Universal Plus Resources for Parents and Carers**

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

Infant feeding support:

- 0-19 Milton Keynes Health Visitors 01908-725100 option 1
- **MK Health Visiting face to face drop in Breastfeeding Groups** – no need to book, groups are held across Milton Keynes through every month. Please visit our website for the most up to date group details
- Join the Health Visiting virtual Breastfeeding Café every Thursday 10am-11.30am. To attend email alant@nhs.net who will send you a link to join via Zoom
- Breastfeeding Hub App - <https://www.breastfeedinghub.org/breastfeeding-hub-mk-app>
- La Leche - <https://www.laleche.org.uk/get-support/>
- The National Breastfeeding Helpline (NBH) <https://www.nationalbreastfeedinghelpline.org.uk> Open 9.30am-9.30pm every day of the year on 0300 100 0212.
- <https://www.unicef.org.uk/babyfriendly/support-for-parents/>

- <https://www.nhs.uk/start4life/baby/breastfeeding/breastfeeding-challenges/colic/>
- <https://www.nhs.uk/start4life/baby/>
- <https://www.nhs.uk/start4life/baby/breastfeeding/expressing-and-bottle-feeding/expressing-breast-milk/#anchor-tabs>
- <https://www.nhs.uk/start4life/baby/breastfeeding/expressing-and-bottle-feeding/bottle-feeding/#anchor-tabs>

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

Parenting Support:

- 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/>
- Simple fun activities for kids from Newborn- Five - <https://hungrylittleminds.campaign.gov.uk/>
- <https://solihullapproachparenting.com/free-downloads>

Sleep Support:

- Baby Sleep Info Source (Basis) - www.BasisOnline.org.uk

Speech and Language support

- 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
- www.thecommunicationtrust.org.uk

Toilet Training

- ERIC Children's Bowel and Continence Charity – <https://www.eric.org.uk>
- NHS Website - <https://www.nhs.uk/conditions/pregnancy-and-baby/potty-training-tips>

Weaning Support:

- Introducing Solid Foods -
https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/216328/dh_125828.pdf
- <https://www.nhs.uk/start4life/weaning/what-to-feed-your-baby/around-6-months>

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.

