

# 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](http://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](http://www.hampshirehealthyfamilies.org.uk/da/160593)

[www.hampshirecamhs.nhs.uk/parents-carers/transitions](http://www.hampshirecamhs.nhs.uk/parents-carers/transitions)

### Continence advice

Potty training: [www.eric.org.uk/potty-training](http://www.eric.org.uk/potty-training)

Continence: [www.eric.org.uk/childrens-bladders](http://www.eric.org.uk/childrens-bladders)

Constipation: [www.eric.org.uk/childrens-bowels](http://www.eric.org.uk/childrens-bowels)

# Eastleigh 0-19 Team

## Helpful websites for parents/carers

### Sleep advice

Sleep workshop: [www.hampshirehealthyfamilies.org.uk/workshops-courses-and-events](http://www.hampshirehealthyfamilies.org.uk/workshops-courses-and-events)

Advice for common sleep problems [www.sleepcouncil.org.uk/information-support/children](http://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](http://www.barnardos.org.uk/what-we-do/services/hampshire-specialist-parenting-support-service)

Behaviour advice: [www.familylinks.org.uk/parent-zone](http://www.familylinks.org.uk/parent-zone)

### Healthy lifestyle advice

Healthy lifestyles: [www.nhs.uk/healthier-families](http://www.nhs.uk/healthier-families)

Fussy eating: [www.nhs.uk/conditions/baby/weaning-and-feeding/fussy-eaters](http://www.nhs.uk/conditions/baby/weaning-and-feeding/fussy-eaters)

### Promoting good emotional health in children

Emotional health advice: [www.healthforkids.co.uk/feelings](http://www.healthforkids.co.uk/feelings)

[www.youngminds.org.uk/parent](http://www.youngminds.org.uk/parent)

[www.hampshirecamhs.nhs.uk/help/parents-carers/anxiety-professionals](http://www.hampshirecamhs.nhs.uk/help/parents-carers/anxiety-professionals)