


## Transfer in contact

We have put together some information that we think you will find useful. This includes information that you would normally be given during your transfer in meeting with your health visitor

(NB. you may need to copy and paste the link into your browser).

Remember you can contact your health visitor if you are worried about your emotional health.

Leaflet provider:	Item contains:
Cheshire East Health Visiting Service	<ul style="list-style-type: none"> <li>• Please see the attachments for contact details and for information on the Service provided by the Health Visiting Team.</li> <li>• Please see the attachment on how we keep your personal information safe</li> <li>• See below Vitamin D information.</li> </ul>
Lullaby trust - Safe Sleep Guide	<p>Please follow this link:</p> <p><a href="https://www.lullabytrust.org.uk/wp-content/uploads/Safer-sleep-for-babies-a-guide-for-parents-web.pdf">https://www.lullabytrust.org.uk/wp-content/uploads/Safer-sleep-for-babies-a-guide-for-parents-web.pdf</a></p>
Cheshire East Council - Catch App	<p>Please follow this link :</p> <p><a href="http://www.catchapp.co.uk/">http://www.catchapp.co.uk/</a></p>
NHS - Immunisation Guide	<p>Please follow this link:</p> <p><a href="https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/851521/PHE_11490_IMM_up_to_one_year_A5_booklet_Dec2019.pdf">https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/851521/PHE_11490_IMM_up_to_one_year_A5_booklet_Dec2019.pdf</a></p>
ICON - Babies Cry You Can Cope	<p>Please follow this link for the Cheshire East ICON leaflet:</p> <p><a href="https://whh.nhs.uk/application/files/7415/7467/8834/Cheshire_East_ICON_leaflet.pdf">https://whh.nhs.uk/application/files/7415/7467/8834/Cheshire_East_ICON_leaflet.pdf</a></p> <p>And this link for further information: <a href="http://iconcope.org/">http://iconcope.org/</a></p>
Parenting through coronavirus (Covid 19)- Institute of Health Visiting	<p><a href="https://ihv.org.uk/families/parenting-through-coronavirus-covid-19/">https://ihv.org.uk/families/parenting-through-coronavirus-covid-19/</a></p> <p>This site offers helpful parenting information and general information to support your mental health and wellbeing.</p>
Domestic abuse-getting help and support	<p>Please follow this link:</p> <p><a href="https://www.cheshireeast.gov.uk/livewell/staying-safe/domestic-abuse-and-sexual-violence/domestic-abuse-getting-help.aspx">https://www.cheshireeast.gov.uk/livewell/staying-safe/domestic-abuse-and-sexual-violence/domestic-abuse-getting-help.aspx</a></p> <p>For children and young people:</p> <p><a href="https://www.cheshireeast.gov.uk/livewell/staying-safe/domestic-abuse-and-sexual-violence/children-and-domestic-abuse.aspx">https://www.cheshireeast.gov.uk/livewell/staying-safe/domestic-abuse-and-sexual-violence/children-and-domestic-abuse.aspx</a></p>

What to do if your child is unwell or injured- Advice for parents during coronavirus	<a href="https://www.rcpch.ac.uk/sites/default/files/2020-04/covid19_advice_for_parents_when_child_unwell_or_injured_poster.pdf">https://www.rcpch.ac.uk/sites/default/files/2020-04/covid19_advice_for_parents_when_child_unwell_or_injured_poster.pdf</a>  This site provides clear information on what to do if your child is unwell or injured and when to seek further help.
Health Visiting and School Nursing Facebook Pages	Please search for 'Cheshire East Health Visitors' on Facebook and like our page to keep up to date with regular updates for health visiting in your area. Search Cheshire East School Nurses Facebook page if you have school age children or children due to start in Sept.
Cheshire East Parenting Journey  	Due to the current restrictions the parenting journey is not operating as normal i.e. Groups being held at the children's centre. The children's centres are still uploading videos and useful information on to their Facebook pages where you can stay up to date with the changes. Please search for 'Cheshire East Parenting Journey' or your local children's centre on Facebook
Service user feedback	Please follow this link to provide feedback on our service: <a href="https://www.wchc.nhs.uk/your-experience/submit/">https://www.wchc.nhs.uk/your-experience/submit/</a> Please let us know about your experience with the service, we value your feedback

### Vitamin D

New NHS advice is that everyone takes a daily supplement of vitamin D (this is from birth and includes pregnant women).

Newborn babies until 1 year of age – 8.5-10 mcg daily (products available include Healthy Start Vitamins and other over the counter supplements, these may not state suitable from birth and may not have the correct dose, however NHS choices state it is safe to give from birth). If the baby is having over 500 mls of formula, vitamin D is not required as it is already added.

Over 1 year of age and adults - 10 mcg daily

From about late March/April to the end of September most of us should be able to get all of the vitamin D from sunlight on our skin.