

Healthy Babies & Children under 5:

Local and online resources for parents/carers living in Ealing (weblinks below)

Stay Well

FIND A GP: Everyone should have one, includes information on how to register

FIND AN NHS DENTIST: NHS dental care for children is free. Start taking your child to the dentist when their first milk teeth appear

EMERGENCY DENTIST: How to access an NHS dentist in an emergency or out of hours

EYE TESTS FOR CHILDREN: Free on the NHS. If you have any concerns about your child's vision speak to your GP or local optician

CHILDHOOD VACCINATIONS: Information on why they are important, and when to have them. If in doubt speak to your GP surgery or Health Visitor

FLU VACCINE ADVICE: The nasal spray flu vaccine is free on the NHS for all children aged 2 or 3 years

HOW TO HELP YOUR UNWELL CHILD: Information to help you identify when an illness is minor and when it is serious

HEALTHIER TOGETHER: Useful health information for all the family in multiple languages

IS MY CHILD TOO UNWELL FOR NURSERY? Information to help you decide whether or not to keep your child home from nursery/ pre-school

Get Active & Eat Well

WEANING INFORMATION: Information to guide you through your child's weaning journey

EATING BETTER AND MOVING MORE: Ideas for activities and healthy meals

GET ACTIVE: Find free and low cost local activities for all the family

New Parent/Carer

MUM & BABY APP: From the start of pregnancy to early parenthood, this app has been developed with the NHS to navigate your choices for maternity care in England

START FOR LIFE: Help and advice during pregnancy, birth and parenthood

ICON: Babies cry you can cope, advice and support

SAFE SLEEP ADVICE: Simple steps to reduce the risk of sudden infant death syndrome

HEALTH VISITORS: Offer support with sleep, feeding, development and behaviour, or call 020 8102 5888

PERINATAL MENTAL HEALTH TEAM: A specialist team that offers support to women who are having mental health problems whilst pregnant or following their baby's delivery. Difficulties in this period are common

NEW BABY, NEW FEELINGS: Pregnancy and the period after childbirth are significant times of change in a person's life. It is common for women and their partners to experience many different emotions during this time

Parent & Toddler Support

PARENT AND TODDLER GROUPS IN EALING CHILDREN'S CENTRES: Access information and services to ensure your child gets the best start in life

PARENTING SERVICE: Local parenting programmes, courses and workshops

POTTY TRAINING AND BED WETTING: Tips on how and when to get help

EALING LOCAL OFFER: Support for children and families with special educational needs or a disability

Keeping Safe

EALING CHILDREN'S INTEGRATED RESPONSE SERVICE (ECIRS): If you are concerned that a child has been harmed or is at risk of harm call ECIRS immediately on 020 8825 8000

(24 hours for emergency calls). If a child is in immediate danger call the Police on 999

EALING DOMESTIC ABUSE SERVICES: Find local help and support

NATIONAL DOMESTIC VIOLENCE HELPLINE: If you are a woman experiencing abuse: 0808 200 0247
If you are a man experiencing abuse: 0808 801 0327

Community & Financial Support

EALING HOLIDAY ACTIVITIES AND FOOD (HAF):

Programme offers free holiday activities and a nutritious meal during the Easter, Summer and Christmas school holidays across Ealing

COST OF LIVING SUPPORT: Information about all the different sources of help, benefits, grants and money-saving discounts Ealing Council has on offer

FOODBANKS: Provide free nutritionally balanced emergency food and support to local people

SURE START MATERNITY GRANT: Help towards the costs of a new baby, call 0800 169 0140

HEALTHY START: Free fruit, veg, milk and vitamins, check your eligibility online or call 0300 330 7010

HOME START: Helping families through challenging times

HELP WITH HEALTH COSTS: Help with hospital appointments, visits and health related costs

SHELTER: Housing advice on homelessness, council housing, eviction and more

EALING HOUSING: Provide information on all housing issues for Ealing residents

For more information please visit the Ealing Family Information Service on:

www.ealingfamiliesdirectory.org.uk

Tel: 020 8825 5588 Email: children@ealing.gov.uk

Is it serious? Look, Listen, Touch, Check

Go straight to the emergency department (A&E) or call 999 if your child:

- ▶ looks discoloured and spotty/blotchy (mottled), bluish or pale
- ▶ has no energy or difficult to wake
- ▶ feels abnormally cold to touch
- ▶ is breathing much faster than normal
- ▶ has a rash that does not fade when pressed
- ▶ has a fit or convulsion

Call your GP or 111 to get urgent medical advice if your child:



LOOK

- is finding it hard to get their breath and is sucking their stomach in under their ribs
- has bright green, bloody or black vomit
- has not drunk anything for more than eight hours (when awake)
- has eyes that look sunken to you
- is quiet and lacking in energy, even when their temperature is normal



LISTEN

- makes a throaty noise while breathing
- is making 'grunting' noises with every breath
- can't say more than a few words at once (for older children who normally talk)
- is crying constantly and you can't comfort or distract them or their cry doesn't sound like their normal cry
- has obvious 'pauses' in their breathing



TOUCH

- is under eight weeks old and doesn't want to feed
- has not had a wet nappy or had a wee for 12 hours
- is under two years old and the soft spot on the top of their head (fontanelle) is bulging
- is floppy
- is hard to wake up, or appears confused



CHECK

- is under three months old and has a high temperature of 38°C or above
- is over three months old and has a high temperature of 38°C or above that doesn't come down 15-30 minutes after having paracetamol or ibuprofen
- is between three and nine months old and has a high temperature of 39°C or above
- is any age and has a low temperature below 36°C when checked three times in a 10 minute period

If you don't see any of these, look at the 'How to help your unwell child' booklet:

Coughs and colds: page 3 Diarrhoea and vomiting: page 5 Fever (high temperature): page 7
Ear problems: page 9 Rashes: page 11