

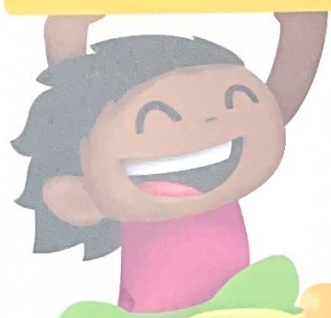
Staying Healthy

Illness

Feelings

Getting Help

**A fun and interactive resource
for learning about health**



Games

Activities

Quizzes

www.healthforkids.co.uk

Follow us: LPTHealthyTogether @HealthyTogethr

Psst! Parents!

As well as enjoying the content with your child, you can
get advice on supporting their health and wellbeing.



Text a public health nurse (school nurse)
for confidential advice and support:

Leicester City

07520 615381

Leicestershire & Rutland

07520 615382

Or ring our advice line to speak
to a public health nurse:

0300 3000 007

(not for appointments)



**Leicestershire
County Council**



**Rutland
County Council**



Disclaimer: All texts are confidential however we might inform someone if we were concerned about your safety, but we would usually speak to you first. Your messages are stored and can be seen by other health care staff who follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate message back to confirm we have received your text. Texts will only be seen between 9am and 5pm, Monday to Friday excluding bank holidays. If you need help before you hear back from us please contact your nearest Walk-in Centre, GP or call 111. In an emergency call 999. Our text number does not receive voice calls or MMS picture messages. To prevent the health professional from sending messages to you, text STOP to the number. Messages are charged at your usual rate.

Health for
Under 5s

NHS
Leicestershire Partnership
NHS Trust

For healthy happy **early years**

A wealth of information and advice from health professionals,
supporting families from pregnancy through to pre-school

Pregnancy



Baby



Toddler



For You



Pre-school



www.healthforunder5s.co.uk

Follow us: HealthforU5s @HealthforU5s

ChatHealth

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Healthy
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Your Healthy Together School Nursing contact number is:

0116 215 3230

Healthy Together is the name for our 0-19 public health nursing services, including health visiting and school nursing. Healthy Together staff advise about issues such as:

- ★ Toileting
- ★ Sleep
- ★ Behaviour
- ★ Diet and nutrition
- ★ Emotional wellbeing



Visit our websites www.healthforunder5s.co.uk and www.healthforkids.co.uk

You can also or text a public health nurse:

★ Leicester: 07520 615 381



(Service available Monday – Friday, 9am – 5pm. Messages responded to within 24 hours)

Health for
Under 5s

Health
for Kids!

HEALTH FOR TEENS