

Private and Confidential

Parent(s)/Carers(s)

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Dear Parent(s)/Carer(s)

Re: Child...

It was lovely to meet you and your new baby at our recent visit.

Now your baby is approaching 6-8 weeks old, they will be growing fast. We hope that the following reminders of information will be helpful.

As you are aware, there are many ways to access our service for support. Please visit our website <https://www.hampshirehealthyfamilies.org.uk/new-born> for information and advice. Information is also available in your child's red book and support can be accessed from ChatHealth (see details in the enclosed flyer).

If you would like support with breastfeeding or bottle feeding, please contact ChatHealth or your Health Visiting Team. Additional information on infant feeding can also be accessed via our website, <https://www.unicef.org.uk/babyfriendly/baby-friendly-resources> / and <https://www.nhs.uk/start4life/> and <https://www.firststepsnutrition.org/> . You can also book into your local Breastfeeding Group and the virtual introduction to solid foods workshops in preparation for your baby starting solid foods around six months, both are available via our website to support you in your feeding journey

Becoming a parent can be difficult for a variety of reasons. Postnatal depression/anxiety is common (1 in 5 people) and can affect mothers and fathers. If you feel you need more support for your emotional wellbeing, please do not hesitate to contact your health visiting team, on the number at the top of this letter, so that we can discuss this with you further.

Remember that it is important that your baby continues to sleep in the same room as you until they are six months old. You can read further messages about safe sleep at The Lullaby Trust <https://www.lullabytrust.org.uk/> can also help with advice on safe sleep. ICON (<https://iconcope.org/>) offers a further reminder of how to keep your baby safe.

Your baby will also be moving around more now, so a proactive approach to safety is essential. The NHS website has some really helpful advice at <https://www.nhs.uk/conditions/baby/first-aid-and-safety/safety/baby-and-toddler-safety/>

Hampshire Healthy Families offers opportunities for you to meet other parents, online or face to face. For example, free walking groups, called Ready Steady Mums, that run throughout Hampshire and Five to Thrive workshops that focus on five simple things you can do with your baby, every day, to nourish their growing brain

Please make sure you have your 6-8 week check booked in with your GP for you and your baby. Your baby's first immunisations will also be due around this time and you should have received a separate letter regarding this

We understand that there may be times when parents have concerns about their child's health and therefore the following website can be very helpful to explore <https://what0-18.nhs.uk/> This can provide information about common childhood ailments and when to seek further advice.

We hope this letter provides some useful reminders.

Yours faithfully

Children & Family Services

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If you would like this letter or information in an alternative format, including large print, braille and audio, or if you need help communicating with us, for example because you use British Sign Language, then please get in touch with us using the contact details above.