

# Health Visiting Text Message Advice Service

Advice for parents and carers of children 0-5 in Hampshire

We can help you with all kinds of things, like:

sleep and  
feeding  
routines

introduction  
to solids

toddler  
behaviour

breastfeeding  
and responsive  
bottle feeding

adjusting to  
parenting

toileting

child  
health



**THIS IS NOT AN EMERGENCY SERVICE**

for urgent medical attention please contact your GP or call 111 or 999

We support messaging from UK mobile numbers only, which will be charged at your normal rate.