

# 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: Free fruit, veg, milk and vitamins, check your eligibility online or call 0345 607 6823

**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](http://www.ealingfamiliesdirectory.org.uk)

Tel: 020 8825 5588 Email: [children@ealing.gov.uk](mailto: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 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