

**West Sussex
Health4Families Programme
Resource List**

December 2018

West Sussex Health4Families Programme

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Introduction

The West Sussex Health4Families Programme (H4FP) is an evidenced based framework of public health standards drawn from government and local public health policy that supports the Children and Young People's Workforce deliver basic health messages on the priority areas below:

- 1 Infant feeding: promoting Unicef Baby Friendly Initiative
- 2 Promoting healthy eating and maintaining a healthy weight
- 3 Promoting physical activity in children and young people
- 4 Improving the oral health of children and young people
- 5 Improving the emotional health and wellbeing of children
- 6 Improving the emotional wellbeing and resilience of young people
- 7 Improving perinatal mental health and the emotional health and wellbeing of parents and carers
- 8 Improving children's speech, language, communication
- 9 Promoting sexual health, reducing teenage conceptions and supporting young parents
- 10 Reducing alcohol and substance misuse
- 11 Promoting smoke free environments and smoking cessation
- 12 Increasing immunisation coverage for children and young people
- 13 Keeping safe and reducing childhood accidents
- 14 Promoting safer sleep to reduce the risk of sudden infant death syndrome

The H4FP promotes the principle of **one message, many voices** with all members of the integrated Children and Young People's Workforce confident to deliver basic, evidenced based health messages. More complex messages will be delivered by specialist staff.

This Resource List has been developed by Sussex Community NHS Foundation Trust [Child Health Improvement Team](#) in liaison with public health specialists to support delivery of the Health4Families Programme.

Alternative providers of public health resources



Family Assist is an online resource to support West Sussex Practitioners and Families by providing health information and links to websites. Parents who register with Family Assist will receive timed and relevant public health information via email

www.westsussex.gov.uk/familyassist



West Sussex Health Promotion Department provides resources including teaching packs, displays, models and leaflets.

Resource materials are suitable for use by professionals working with a wide range of client groups, from antenatal, through pre-school and school years, to adults of all ages and people with special needs.

www.westsussex.gov.uk/healthpromotion

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1. Infant Feeding – Promoting Unicef Baby Friendly Initiative	
best beginnings	Baby Buddy covers pregnancy and the first six months after birth. For young parents, but may be suitable for all.
Breast feeding answer book	Useful resource available at MILK! Breast Feeding Drop- in sessions and CFCs.
la leche	Breastfeeding support from pregnancy onwards. Helpline 0345 120 2918
MILK! Team	Details of MILK! Service and county wide drop in support. Poster - <i>You are welcome to breastfeed here</i> . Details of local breast feeding drop in sessions. Available from sc-tr.infantfeedingteamwestsussex@nhs.net
National breastfeeding helpline	Information and support. Helpline 0300 100 0212
nct	Information and support. Helpline 0300 330 0700
RoSPA - baby slings	Safety information for parents who choose to use a baby sling including TICKS list. Lullaby Trust safer sleep advice should also be discussed with parents if they decide to use a sling. Lullaby Trust - swaddling and sling advice
Start4life	Advice and information on pregnancy, birth and toddlers. Also sign up for personalised emails for NHS advice, videos and tips on your pregnancy week by week, birth and parenthood.
Unicef	Absolute mine of information about infant feeding, advice to practitioners and parents. Available in other languages. Downloadable resources including - Building a happy baby Off to the best start - breastfeeding Breastfeeding and work Guide to bottle feeding Introducing solid food A guide to meaningful conversations - To support health professionals communicate effectively with mothers about infant feeding and care
2. Promoting healthy eating and maintaining a healthy weight	
Change4life	Very useful resources and advice on eating well, getting going, smart swaps and reducing alcohol. Food scanner App – to find out how much sugar, fat and salt is lurking in food and drink C4L Resources - leaflets and digital resources C4L School Zone - Curriculum-linked resources and to help teach children about healthy eating and being active.
Eat better, start better	Foundation Years. Resources to support EYs settings provide healthy, food and drink.
Eatwell guide	Booklet and Flyer : Healthy eating guide, very clear, for children over 2 years and adults.
first steps nutrition NHS Choices, Live Well	Lots of information and great pictures showing portion size Eating well in pregnancy - a guide to support teenagers Eating well: The first year Eating well: Good food choices and portion sizes for 1-4 year olds Eating well: snacks for 1-4 year olds Eating Well: packed lunches for 1 - 4 year olds Eating well family recipe book

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Healthy start	Information about the scheme, available in other languages. Including application form and food and health tips Healthy Start for pregnant women under18 – quick guide	
This label could change your life	How to choose healthier foods by decoding food labels. (British Heart Foundation). Leaflet	
WSx Wellbeing – Weight management services	Contact information for local adult weight management programmes run by the wellbeing programme.	
3. Promoting physical activity in children and young people		
Association of Paediatric Chartered Physiotherapists	Parent information leaflets. Baby walkers, are they necessary? Promoting physical development lying sitting Choosing footwear for children	
Change4life	Activity tips and ideas	
Family Information Service	West Sussex County Council giving information about local physical activities for children	
Physical Activity Guidelines for Early Years	Department of Health physical activity guidelines – really useful. Factsheet 1: Babies under 1 year. Factsheet 2: Toddlers.	
WSx Wellbeing – physical activity programmes	Contact information for local programmes to support adults and families to be more active.	
4. Improving the oral health of children and young people		
British Association of Paediatric Dentists	A practical guide to children's teeth	
Brush DJ	Plays two minutes of music to help brush teeth for the right amount of time. Includes a short tooth brushing video	
Oral Health Foundation	Information and resources in several languages. Includes information about National Smile Month Children's teeth – information and advice downloadable puzzles for children Teen's Teeth - information and advice Educational resources	
Sussex Community NHS Foundation Trust.	Introducing tooth brushing for your baby Top Tips for healthy teeth and gums Oral health checklist	All available from - www.sussexcommunity.nhs.uk/wschit - Additional Resources
5. Improving the emotional health and wellbeing of children		
Childline	Online and telephone support provided by NSPCC. Telephone support: 0800 1111 App: For Me Counselling for young people in need of help.	
Family Information Service	Information about local activities and groups for families.	
5 to thrive	Key messages from neuroscience for early intervention and positive parenting including downloadable resources	
isis	Information about infant sleep based upon the latest UK and world-wide research. Organisation will be changing name to - www.BasisOnline.org.uk	
NHS Choices	Your pregnancy and baby guide – Really good source of clear information from pregnancy to caring for young children, available in other languages.	
Solihull Approach	On line resource for parents and carers	

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6. Improving the emotional wellbeing and resilience of young people	
Cruse	Bereavement support and advice for children and young people
Epic friends	Helping young people help friends who might be struggling to cope emotionally
Health for teens	Information on a range of physical and emotional health topics
Kooth	Mental and emotional health support and advice
MIND	Information about where children and young people can get mental health support
MindEd	Support for Parents and Carers
NHS choices	Information and advice about low mood and depression including links to self-help Apps.
Mood juice	To help think about emotional problems and ways to solve them.
PSHE Association	Lesson plans and assessment tools to help develop PSHE curriculum
Samaritans	Offers a safe place to talk any time. Helpline 116123
Self-injury support	National organisation that supports girls and women affected by self-injury or self-harm.
stem4	Teenage mental health charity aimed at improving teenage mental health by stemming commonly occurring mental health issues at an early stage. calmharm App provides tasks to help resist or manage the urge to self-harm.
WSx Youth emotional support-YES	West Sussex Youth Emotional Support (YES) for young people aged 11-17 who have issues that are affecting their wellbeing.
Young Minds	Downloadable resources. Supporting the wellbeing and mental health of young people
Your Space	West Sussex links to information and advice, local and nationwide
7. Improving perinatal mental health and the emotional health and wellbeing of parents and carers	
carerssupport	Provides free and confidential information and support to carers in West Sussex. Anyone who is looking after a relative, friend or neighbour who could not manage without their help is a carer.
cruse	Provides support to people following the death of someone close. Also includes information about supporting grieving children.
livinglifetothefull	Free online life skills resource using a cognitive behavioural therapy self-help approach.
mental health foundation	Useful resource for obtaining information, support and signposting.
mind	Contains links to a range of helpful information about mental health concerns including postnatal depression
NHS Choices, postnatal depression	Explanation and possible treatments highlighted.
NHS Choices, anxiety	Information and advice about dealing with stress, anxiety and depression.
PANDAS	Charity supporting families suffering from pre and postnatal illnesses.
rethink	Campaigns for a better understanding of mental health and breaking down any stigma attached to it. Resource for information, advice and support.
RISE	WSx domestic abuse charity, services include refuge accommodation, resettlement, crisis appointments, helpline, counselling, housing, legal and financial advice, support groups, play therapy, support and preventative education. Helpline: 01273 622828
Royal College of Psychiatrists	Contains links to a range of helpful information about mental health concerns including postnatal depression
Self help	From Northumberland, Tyne and Wear NHS Trust. Free to download, wide range of mental health topics.

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Stonham DV outreach service	Provides support for people recovering from the impact of domestic abuse.
Time to Talk	Sussex Community NHS Foundation Trust. For adults with concerns about depression, anxiety or stress. Outline of service and how to access support.
WSx Wellbeing - Healthy mind	Source of local support and advice.
Worth Services	Provides support for people affected by domestic abuse in West Sussex. Helpline: 0330 222 8181
8. Improving children's speech, language and communication	
ican	<p>Early Talkers - For 0-5 years, easy and fun activities for parents and practitioners.</p> <p>Toddler Talk - A selection of activity ideas.</p> <p>Small talk - Information about what helps children 0-5 learn to talk and listen. Includes information for parents.</p> <p>Talk together - Advice for parents to help babies and young children communicate. Available in other languages</p> <p>Ready Steady Talk - Activity book for Parents and Carers, getting children ready for preschool (2-3yrs).</p> <p>Making a Difference - For EY practitioners to improve children's communication skills.</p> <p>Understanding Communication Development - For EY practitioners.</p> <p>Communication Cookbook - Supports children's communication skills, 4-6 years.</p> <p>Top Techniques - Provides ten top tips for practitioners and parents to support young children's speech, language and communication. Poster</p> <p>First Words - Clear and colourful, suitable for display at CFC settings. Poster</p> <p>Stages of Development - Ages and stages of language development. Poster</p> <p>Chatter Matters Suitable for parents with children 0-5years. DVD</p>
Literacy Trust	<p>Lots of information and resources for parents and practitioners. Available in other languages.</p> <p>Literacy Apps – Reviews a range of social and communication apps</p>
The Social Baby	Suitable for practitioners and some parents.
Speech and Language Therapy for Children	<p>Sussex Community NHS Foundation Trust - details of clinic times, venues and links to some really useful resources.</p> <p>Expecting a baby? - Prenatal Leaflet</p>
Talking point	Information for parents, carers and practitioners to help children develop their speech, language and communication skills
9. Promoting sexual health, reducing teenage conceptions and supporting young parents	
best beginnings	Baby Buddy app which covers pregnancy and the first six months after birth. Directed at young parents.
brook	Information about sexual health, pregnancy and post-natal contraception. Directed at young people.
Eating well in pregnancy	First steps nutrition, supporting teenagers. Good pictures and well set out. Booklet
Family Nurse Partnership	Information for parents and practitioners about the Family Nurse Partnership Programme.
Family Planning Association	<p>Information and advice, includes a contraceptive choice tool. CFCs can register to access free digital information.</p> <p>FPA leaflets – Information including postnatal contraception</p>
Healthy Start for pregnant women under 18	Quick guide to the scheme.
Healthy habits for baby and you	Easy read tips and helpful advice for a healthy, happy baby. Also contains a picture frame for a baby scan. Booklet
Kidscape	Advice for young people

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NHS Choices - sex and young people	Information and advice
NSCPP-sexting	Information and advice including links to supportive services
Sexual Health West Sussex	Directs to local sexual health clinics for free pregnancy tests.
WSx Your Space	Health information and advice for young people
You're welcome	Department of Health Quality Criteria and self-review tool for young people friendly health service.
10. Reducing alcohol and substance misuse	
Don't bottle it up	On line audit to identify risky drinking with information and signposting to local support
Drinkaware	Posters free downloadable Alcohol Advice Drinkaware - Very interactive, section directed at young people. Foetal Alcohol Spectrum Disorder : Information for pregnant women. Consider using this information with health practitioner support.
New Psychoactive Substances (NPS)	Resource pack For practitioners working with young people. Discusses NPS aiming to prevent and challenge drug-taking behaviour
WSx Wellbeing - alcohol	Information and support
WSx Wellbeing - drugs	Information for users and their families.
11. Promoting smoke free environments and smoking cessation	
gasp	Learning to Stay Stopped - Leaflet No Nicoteens - Aimed at YP, looks at cigarette manufacturers marketing techniques. Leaflet Toxic Truth about Smoking inside your Home Leaflet Toxins in Tobacco Smoke Leaflet: Quit Smoking Shows a young child watching his grandfather smoke. Poster
nhs oneyou - smoking	Smokefree app, advice and support.
nhs smokefree	Useful source of advice and support. Available in different languages.
WSx Smoking Cessation Service	Information on accessing smoking cessation service and a list of community pharmacies and GPs offering stop smoking support.
12. Increasing immunisation coverage for children and young people	
Immunisations	Immunisations for babies up to 1 year Immunisations guide for premature babies Immunisations at 1 year (born after 1.8.17) Pre-school immunisations, 2 - 5 years (born on or before 31 July 2017) Pre-school immunisations, 2 - 5 years (born after August 2017) What to expect after vaccinations – Details of vaccination side effects that might occur in babies and children up to five years Immunisations for young people Immunisation during Pregnancy Includes information about postnatal MMR Vaccines and porcine gelatine information - Describes how and why porcine gelatine is used in vaccines Routine childhood immunisations. Autumn 2018 Poster If you could get pregnant act now to protect against German Measles Shows images of young women. Poster Whooping Cough and Pregnancy Poster

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Meningitis	Information about signs and symptoms.
nhs vaccinations	Information and advice
Oxford Vaccine Group	Vaccine Knowledge Project - to help people make informed decisions about vaccine issues
13. Keeping safe and reducing childhood accidents	
British Red Cross Child First Aid	Free app with useful videos, animations and tips.
Carbon Monoxide	Information about antenatal carbon monoxide screening and home safety advice.
Child Accident Prevention Trust	<p>Your child and button batteries</p> <p>How safe is your child from burns and scalds?</p> <p>How safe is your child in the car?</p> <p>How- safe is your child at home?</p> <p>Baby and Child Safety booklets</p> <p>Button battery safety - poster</p> <p>Hot drinks can hurt me – poster to be displayed near kitchen or where hot drinks are served</p> <p>I can choke on small things – poster</p> <p>I can easily fall downstairs – poster</p> <p>We can get thrown about in the car – poster</p> <p>One Step Ahead Poster: Showing child development linked to potential child accidents. Quite detailed.</p> <p>Accidents and child development - Aimed at anyone involved with the safety and care of children who has the opportunity to promote safety with parents and carers.</p> <p>Too hot to handle - Information about burn and scald scenarios. Activities and tips for engaging parents. DVD</p> <p>Look who's falling - Focuses on falls scenarios for young children. Includes information for discussion. DVD</p> <p>Child Safety Week - Sign up for information and support for child safety week</p> <p>Preventing accidents - Flash cards to prompt discussion. For groups of parents and carers with preschool children.</p>
Royal Society for the Prevention of Accidents	Safe At Home - Accident prevention messages on falls, burns and scalds, drowning, blind cords and poisoning. DVD
THINK!: Roadsafety	<p>Advice for road users including information about car seats.</p> <p>Resources – Suitable for children from 3 years onwards</p>
14. Promoting safer sleep to reduce the risk of sudden infant death syndrome	
Lullaby trust	<p>Information and advice about reducing the incidence of sudden infant death including downloadable resources to promote safer sleep.</p> <p>Lullaby Trust app - Baby check <i>Is your baby really ill?</i> Takes carers through a series of health and behaviour questions and identifies what action should be taken.</p>