

## H4FP Campaign Calendar 2019

	Topic	Suggestions for local focus	Resources
Jan	Promoting healthy eating and maintaining a healthy weight	Sugar reduction	<a href="#">West Sussex Wellbeing - healthy eating change4life healthy eating</a> <a href="#">This label could change your life</a>
Feb	Improving the emotional health and wellbeing of children and young people.	Infant attachment Importance of fathers	<a href="#">Unicef. Building a Happy Baby</a> <a href="http://www.ifeedproject.co.uk/5%20to%20thrive">http://www.ifeedproject.co.uk/5 to thrive</a>
Mar	Promoting safer sleep to reduce the risk of sudden infant death syndrome	Key safer sleep messages Every sleep matters	<a href="#">Safer Sleep Week</a> <a href="#">Lullaby trust</a>
Apr	Improving perinatal mental health and the emotional health and wellbeing of parents and carers	Look after yourself Support from families and friends	<a href="#">Mental Health Awareness Week</a> <a href="#">mind</a> <a href="#">PANDAS</a> <a href="#">Time to Talk</a> <a href="#">WSx Wellbeing - Healthy mind</a>
May	Improving the oral health of children and young people	Dental check up by one Dump the dummy and bottle by one – free flow cup	<a href="#">National Smile Month</a> <a href="#">Top tips for teeth</a> <a href="#">Children's teeth</a> <a href="#">Downloadable puzzles for children</a> <a href="#">Teen's Teeth</a> <a href="#">Educational resources</a>
Jun	Keeping safe and reducing childhood accidents	Sign up for CAPT Child Safety Week resources	<a href="#">Child Accident Prevention Trust</a> <a href="#">Child Safety Week</a> <a href="#">RoSPA - Safe At Home</a>
Jul	Promoting physical activity in children and young people	Out of school family activities Outdoor fun! Sun awareness	<a href="#">C4L Let's get moving</a> <a href="#">Physical Activity Guidelines for Early Years</a> <a href="#">WSx Wellbeing – physical activity programmes</a> <a href="#">NHS Choices : Sun safety</a>
Aug	Infant feeding – promoting Unicef Baby Friendly Initiative	Breastfeeding when out and about Sustaining breastfeeding	<a href="#">World breast feeding week</a> <a href="#">Unicef</a> <a href="#">MILK! Team</a>
Sep	Increasing immunisation coverage for children and young people	Flu vaccination campaign	<a href="#">flu-vaccination leaflets and posters</a> <a href="#">NHS Choices - childhood vaccinations</a> <a href="#">Flu vaccination</a>
Sep	Promoting sexual health, reducing teenage conceptions and supporting young parents	Supporting young parents continue with their education	<a href="#">Sexual Health West Sussex</a> <a href="#">Health for teens</a> <a href="#">Sexual Health Week</a> <a href="#">Care to learn funding</a>
Oct	School readiness Improving children's speech, language, communication	School readiness Speech and language Listening, taking turns Sleep routines Toileting, getting dressed	<a href="#">Talking point</a> <a href="#">Remembering game</a> <a href="#">Speech and Language Therapy</a> <a href="#">Book Trust</a> <a href="#">bath, book, bed leaflet</a> <a href="#">eric</a> <a href="#">Potty training guide</a>
Oct	Promoting smoke free environments and smoking cessation	Antenatal smokers and their partners	<a href="#">Stoptober</a> <a href="#">West Sussex Wellbeing - smoking cessation</a>
Nov	Reducing alcohol and substance misuse	Alcohol during pregnancy Alcohol and behaviour	<a href="#">Alcohol awareness week</a> <a href="#">West Sussex Wellbeing - alcohol</a> <a href="#">FASD</a>
Dec	Promoting physical activity in children and young people	Ideas for outside play and activities Outdoor fun!	<a href="#">Physical Activity Guidelines for Early Years</a> <a href="#">WSx Wellbeing – physical activity programmes</a>