

West Sussex [Health4Families Programme](http://www.sussexcommunity.nhs.uk/wscht) key public health messages to share with families

www.sussexcommunity.nhs.uk/wscht Updated December 2018



Sussex Community
NHS Foundation Trust

Breast feeding	Introducing solid food	Healthy eating	Healthy start	Physical activity	Improving oral health	Emotional and mental health
<ul style="list-style-type: none"> ▶ Breastfeeding has some of the most wide-reaching and long-lasting effects on a baby's health and development. ▶ Responding to a baby's cues for feeding and comfort makes a baby feel secure. ▶ Attend your local MILK! Group for advice and support. ▶ If you choose to use a dummy, wait until your baby is over 4 weeks old. However, if you are breastfeeding, wait until breastfeeding is established. Aim to stop using the dummy by the time your child is 12 months old. 	<ul style="list-style-type: none"> ▶ Start when your baby is around six months old. ▶ Introduce solid food at your baby's pace allowing time for them to explore and handle food, it's going to be messy! ▶ First foods could include mashed banana, avocado, pear or cooked vegetables. ▶ Offer pieces of soft fruit or cooked vegetables small enough for your baby to pick up. ▶ Don't add salt, sugar or stock cubes to a baby's food. ▶ Introduce a free flow cup at six months which can be purchased at CFCs. ▶ Whole milk can be added to food at six months and given as a drink from one year. ▶ Foods such as grapes, sausages and burgers can cause a child to choke. Cut food up and always stay with your child whilst eating. 	<ul style="list-style-type: none"> ▶ Eat together as a family and make meal times relaxed, happy occasions. ▶ Children need food from all five groups for energy, growth and health. ▶ Avoid giving biscuits or sweets as treats. ▶ Encourage sugar and salt free snacks such as vegetables and bread sticks between meals. ▶ Never insist a toddler eats everything on their plate. Children's portions are smaller than adults. ▶ Learn about healthy eating and an active lifestyle at local 'Cook and Eat' sessions. ▶ Download the change4life Sugar Smart app to find out how much sugar is lurking in your food and drink – you might be surprised! 	<ul style="list-style-type: none"> ▶ You may be eligible for Healthy start vouchers if you are at least 10 weeks pregnant or have a child under 4 and receiving benefits. ▶ All mothers under 18 years are eligible for vouchers. ▶ Take 400mcg folic acid daily before conception and continue until 12th week of pregnancy. ▶ Everyone over 5 years, including pregnant and breastfeeding women should consider taking a daily Vit D supplement over the winter. ▶ Breast fed babies should be given 8.5 to 10µg of Vit D from birth to one year Formula fed babies should start Vit D when they are taking less than 500 mls of formula/day. ▶ At six months if your baby is breast fed or taking less than 500mls of formula milk per day give vitamins A, C and D drops until they are 5 years. (Refer to bottle for age related dose). 	<ul style="list-style-type: none"> ▶ Encourage 'tummy time' for babies including rolling and playing on the floor, reaching for and grasping objects, pulling, pushing and playing with other people. ▶ Take your baby swimming from an early age ▶ Limit time spent in a buggy or in front of TV and other screens. ▶ All preschool children, capable of walking should be active for 3 hours spread throughout the day. ▶ West Sussex Family Information service has details of local groups and activities. Tel 01243 777807 	<ul style="list-style-type: none"> ▶ Offer water or milk to drink between meals. ▶ Offer only sugar free snacks between meals. (Note: sultanas are high in sugar). ▶ Brush teeth as soon as they appear. ▶ Teeth need to be brushed after the last drink before bed. ▶ Use a smear of family fluoride toothpaste onto a dry brush. (Over 3 years a pea sized blob). ▶ Dental helpline 0300 123 1663 ▶ Your local CFC sells reduced cost brushes and toothpaste. 	<ul style="list-style-type: none"> ▶ When babies' needs for love and comfort are met; they will be calmer and grow up more confident. ▶ Looking at your baby's face is the best way for them to learn. ▶ Talking, listening and smiling triggers oxytocin and helps your baby's brain grow. ▶ Promote the five to thrive approach of respond, cuddle, relax, play and talk to support infant brain development and attachment. ▶ Encourage bath, book and bed to promote a healthy sleep routine. ▶ Everyone needs to look after their emotional and mental health. Join a local group for support and make new friends. ▶ Domestic Abuse support www.worthservices.org Tel: 0330 2228181
unicef Babyfriendly	First steps nutrition	First steps nutrition	Healthy Start	Family Information Service. Activities	NHS Choices children's teeth	Time to Talk

West Sussex [Health4Families Programme](http://www.sussexcommunity.nhs.uk/wschiit) key public health messages to share with families

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Speech and language	Teenage parents	Alcohol & substance misuse	Smoking cessation	Immunisation	Accident prevention	Sudden infant death
<p>► Have fun making faces and copying noises with your baby. Chat to them during the day about what you see and do.</p> <p>► Babies enjoy nursery rhymes and looking at books. You don't have to read the words on the page, just talk about what you can see.</p> <p>► Try to use the dummy only at nap times or when your baby needs to settle and aim to stop using it by one year.</p> <p>► Using a buggy where your baby faces you can help them to feel calmer, talk more and make more sounds.</p>	<p>► Postnatal depression is thought to affect up to four in 10 teenage mothers.</p> <p>► It is possible to become pregnant just three weeks after giving birth.</p> <p>► Mothers under 18 are eligible for Healthy Start vouchers.</p> <p>► Yourspace outlines information and services for YP</p> <p>► The five to thrive approach is used to support young parents</p> <p>► Care to Learn grant for teenage parents returning to education https://www.gov.uk/care-to-learn</p>	<p>► There is no safe alcohol level</p> <p>► Men and women should not drink more than 14 units per week (250ml glass of 12% wine = 3 units).</p> <p>► Try having some alcohol free days throughout the week.</p> <p>► If planning pregnancy or are pregnant, the safest option is not to drink alcohol or use substances.</p> <p>► If you're worried about how much you've been drinking when pregnant, talk to your doctor or midwife.</p> <p>► If concerned about alcohol or substance misuse there is help available, use link below.</p>	<p>► Smoking during pregnancy is the main cause of low weight babies, and can lead to stillbirth miscarriage and premature birth.</p> <p>► Smoking in pregnancy affects the long term health of your child.</p> <p>► Children who have a parent that smokes are three times more likely to take up smoking themselves.</p> <p>► You are four times more likely to stop smoking successfully with NHS support.</p> <p>► Over eight hundred children visit their doctor every day due to the serious effects of secondhand smoke exposure. Keep homes and cars smoke free.</p> <p>► E-cigarettes and e-liquids should be stored out of sight and out of reach of children as there is a risk of poisoning.</p>	<p>► The childhood immunisation schedule provides early protection against infections that are most dangerous for the very young.</p> <p>► If a child has missed an immunisation; it's never too late to immunise.</p> <p>► Flu vaccine is available for pregnant women, children aged from 2 years up to school year 5, people aged 65 or over and anyone in an eligible clinical risk group.</p> <p>► Pertussis (whooping cough) vaccination during pregnancy can help protect your baby before their first immunisation. The best time for vaccination is between the 16th – 32nd weeks of pregnancy although it can be given later in pregnancy.</p>	<p>► Supervise young children in the bath as they can drown in 2 inches of water.</p> <p>► Put medicines and cleaning things in a locked cabinet out of sight and out of reach of children.</p> <p>► Test smoke alarms monthly.</p> <p>► Use a kitchen gate, fireguard and gates at the top and bottom of stairs.</p> <p>► Regulate water thermostats to 54°C to prevent scalding.</p> <p>► Keep hair straighteners away from children, they can get as hot as an iron.</p> <p>► A hot drink will still scald your child 20 minutes after it is made.</p> <p>► Baby walkers cause more accidents than any other equipment.</p> <p>► Button batteries if swallowed can cause catastrophic injury in less than 2 hours.</p>	<p><u>This advice relates to whoever is caring for your baby.</u></p> <p>► Never sleep on a sofa or in an armchair with your baby.</p> <p>► Always place your baby on their back to sleep in a separate cot or Moses basket in the same room as you for the first six months.</p> <p>► Keep your baby smoke free during pregnancy and after birth.</p> <p>► Avoid letting your baby get too hot. The ideal room temperature for a baby to sleep is 16-20°C.</p> <p>► Use a firm, flat, waterproof mattress in good condition.</p> <p>► Don't sleep in the same bed as your baby if you have consumed alcohol, smoke or take drugs.</p> <p>► Don't sleep with your baby if they were premature or had a low birth weight.</p> <p>► Don't cover your baby's face or head while sleeping or use loose bedding.</p>
talkingpoint	West Sussex Sexual Health	West Sussex Wellbeing	West Sussex Stop Smoking Service	Vaccinations	Child Accident Prevention Trust	Lullaby Trust