



We hope you had a lovely Summer and have had chance to rest and recharge.

We continue to welcome and appreciate your feedback on this newsletter and any other information you feel would be relevant. Please do not hesitate to get in contact with your local Health Visiting team.

We hope you have a good Autumn term!

An Overview

We offer all families 5 core contacts. These consist of an Antenatal and New Birth visit and then a 6-8 week, 9-12 month & 2-2.5 year review.

Alongside this, we support with areas of health and development in children ages 0-5.

We also support with the physical and emotional health of families in our service. We do this directly with families and often by working in partnership with other agencies involved with the family.

Development Contact

We invite all children across our area for a 9-12 month and 2-2.5 year development contact. With parental consent we can work with you, as an Early Years Setting, to offer support for families and to encourage development in all areas of their child's milestones, both physically, socially, and emotionally.

You will receive a text inviting you to call in and book an appointment for your child's developmental contact.

If you think that a child has missed their contact, then please do not hesitate to contact the team.





Chat Health

Chat Health is an easy way for parents to access Health Visitor Support. It's a confidential help and advice line.

Chat Health is available 9-5 Monday-Friday. It is staffed by a member of the Health Visiting team.

All parents have to do is text their enquiry/question to 07480 635 514 (under 5's)
or 07480 635 515 (5 to 19 year olds).

Parents, please feel free to use this number.

Supporting Communication at Home

BBC Tiny Happy People is a useful website to explore. With a wealth of age-appropriate ideas to support parenting, language development, play and attention.

www.bbc.co.uk/tiny-happy-people



Healthy Eating

Free Drop-in Groups in Somerset for 0-5's, their parents and carers

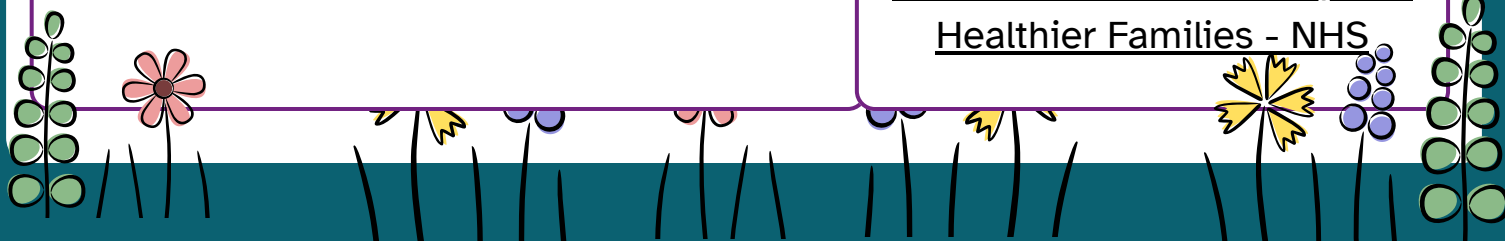
Our Fun Through Food and Movement groups are friendly, fun drop-in sessions that are a great way to get little ones involved in making and creating healthier food options.

The sessions run every week including term time.

Other links to healthy alternatives to sugary lunch box snacks and healthy lunch box.

[Healthier food swaps - Food facts - Healthier Families - NHS](#)

[Lunchbox ideas and recipes - Healthier Families - NHS](#)





School Readiness

As the Autumn term starts this is a good time to be looking ahead to starting school in September 2026. We know this can be a worrying and anxious time for Parents & Carers.

Please contact your local HV team if you require support with toilet training, behaviours, diet, sleep etc. and we will be happy to help support you and give advice.

These are useful links for more information:

<https://www.beststartinlife.gov.uk/>

[School Readiness Pack](#)
[Home - Starting Reception](#)

You can also access further information: [PACEY: Professional Association for Childcare and Early Years](#)

These are useful links for Toilet Training: [Potty training: how to start & best age to potty train - ERIC](#)

<https://www.nhs.uk/conditions/baby/babys-development/potty-training-and-bedwetting/how-to-potty-train/>

Immunisation & Flu Vaccinations

[Children's flu vaccine - NHS](#)

[Free chickenpox vaccination offered for first time to children - GOV.UK](#)

[The complete routine immunisation schedule from Jan 2025](#)

Social Media

Parents please see our links below to the Facebook and Instagram pages for up-to-date details on venues dates and times.

Facebook - [Somerset Health Visitors](#)

Instagram - [Somerset Health Visitors](#)

