



Health Visiting Teams support the physical and emotional health and development of all families with children aged 0—5. We do this by working directly with families, and often by working in partnership with any other agencies involved with the family.

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.



Our topic this term is Potty Training. Spring is a fantastic time to get to grips with potty and toilet training. Good bladder and bowel management is an essential part of School Readiness. As the weather warms up, children can swap to pants. Make sure your child can pull their pants up and down by dressing them in trousers or joggers with an elasticated waist.

The ERIC website offers plenty of advice sheets, webinars and pod casts about all aspects of potty training. Follow this link - <https://eric.org.uk/potty-training/>

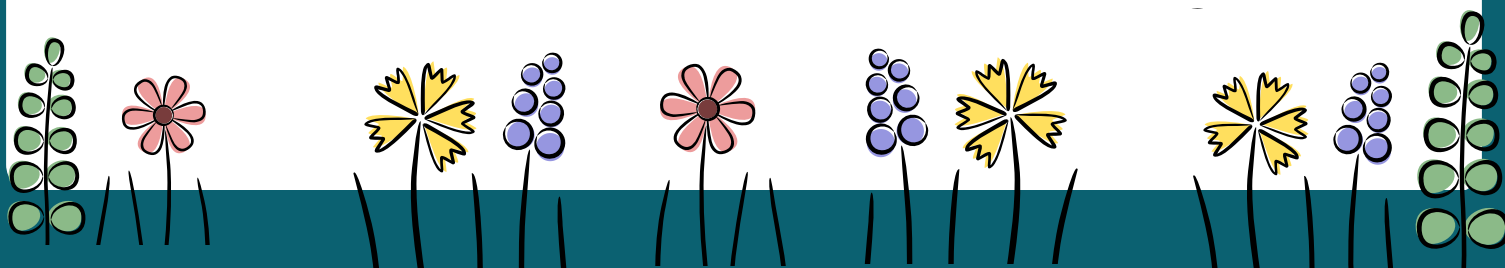
Sometimes things don't go to plan and a child might struggle with toileting. Below are some links on ERIC to the most common causes of potty training difficulties -

Constipation should always be considered if a child is struggling with toileting. Frequent wetting accidents can be caused by constipation. ERIC offers advice here - <https://eric.org.uk/childrens-bowels/constipation-in-children/>

Stool withholding - sometimes children resist going for a pooh! ERIC offers advice here - <https://eric.org.uk/childrens-bowels/stool-withholding/>

Children's bladder health - 4 steps to a healthy bladder - Children's bladder health - what's normal and what can go wrong - <https://eric.org.uk/childrens-bladders/>

**If you need support, contact your health visitor for a full bowel and bladder assessment**





### Workshops for Information, Support and Education (WISE)

Being a parent carer of a child or young person with additional needs can bring extra situations which are challenging to know how to handle. To help support parent/carers navigate these, a range of workshops have been created by Somerset Parent Carer Forum based on the subjects you have told them would be helpful.

The idea behind the project is to empower parent carers through Workshops for Information, Support and Education. All the workshops will be delivered or co-delivered by someone with lived experience of being a parent carer.

Follow the link for information on registering and workshops available

[WISE Up Workshops](#)

### 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.**

### Social Media

Does your local area have a Facebook or Instagram page?

Please like and follow our pages for up to date information and health advice.

We often post useful links to topics and groups.

Ask your Health Visitor or Assistant practitioner if they have a page in your area.

### Children and Young Person's Therapy Service.

#### Children and Young Person's Therapy

Referrals to the Children and Young People Therapy Service (CYPTS) do not need to be made by a health professional.

Did you know the CYPTS also have an advice line that parents and professionals can call for advice? It is open Monday - Thursday 9-12 and is manned by a Speech, Occupational & Physio therapist.

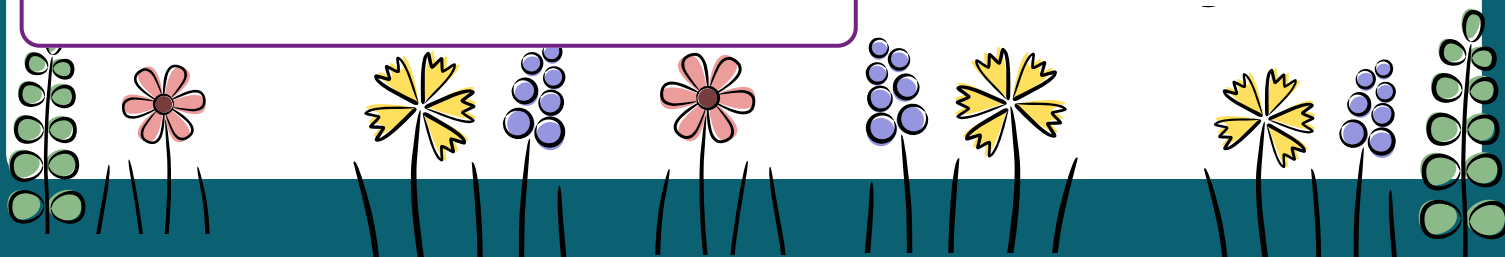
The number is 0303 033 3002.

Please note this is an advice line only, they will not take referrals on this number.

Parents can also complete a self-referral by going to -

Children and Young People's Therapy Service  
([somerset.gov.uk](https://www.somerset.gov.uk))

Please contact your HV team if you require support or advice





### 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)

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](http://www.bbc.co.uk/tiny-happy-people)



### Immunisation & Flu Vaccine

Children's flu vaccine - NHS

Free chickenpox vaccination offered for first time to children - GOV.UK

The complete routine immunisation schedule from Jan 2025

If you would like more information about vaccines, please speak to your health visitor

### Sun Safety

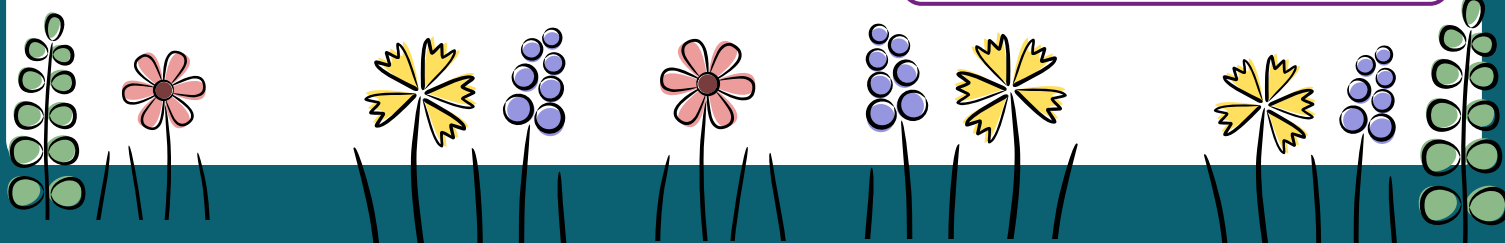
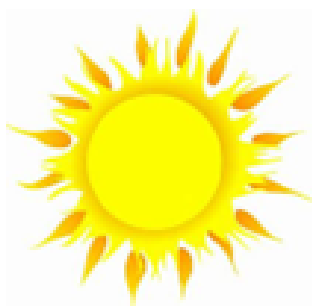
Ever hopeful as we step into Spring, some tips on sun safety

Useful website links:

<https://www.nhs.uk/conditions/pregnancy-and-baby/safety-in-the-sun/>

<https://www.sunsafenurseries.co.uk/>

<https://www.nutrition.org.uk/healthy-living/hydration/hydration-for-children.html>





### School Readiness



We know sending a little one off to school can be a worrying and anxious time for parents & carers but your health visiting team is here to help.

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](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/>

### Development Reviews

We invite all children across our area for a 9-12 month and 2-2.5 year developmental review. 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.

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

### "It takes a village to raise a child"

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 fantastic Spring!

