

## **1 year information and useful links from Oxford Health NHS Foundation Trust Health Visitors**

### **Anxiety, worry, low mood, personal health & safety**

Information for new mums and dads on mental health and emotional wellbeing from the [Institute of Health Visiting](#)

Information and support for mums with anxiety and worry from [Open Paws](#)

If you feel that you need help with your emotional health, you can speak to your health visitor, GP or self-refer to [Talking Space Plus Oxford](#)

Information and support If you are concerned about your own safety at [Reducing the risk](#)

Do you need help to stop smoking? Try here: [www.smokefreelifeoxfordshire.co.uk](http://www.smokefreelifeoxfordshire.co.uk)

### **Safety advice home and away for babies and toddlers**

Some great information can be found at the [Child Accident Prevention Trust](#)

### **Dental Health**

The dental health unit have produced this helpful leaflet on [Top Tips for Terrific Teeth](#)

### **Healthy Eating**

Lots of information on healthy eating and portion sizes from age 1 can be found at [First Steps Nutrition](#) and here you will find plenty of [Resources to support a healthy weight](#)

### **Positive parenting**

This is a helpful leaflet on positive parenting at all ages from the [NSPCC](#)

Here are some helpful tips on managing children's emotions and common difficulties in the early years, including sleep, from the [Anna Freud Centre](#)

### **Language and Communication**

Information on language and communication development can be found at ICAN [Talking Point](#)  
Oxford Health Speech and Language Resources: [SLT Communication Carousel - Oxford Health NHS Foundation Trust](#)

### **Developmental and emotional milestone**

Here is some information on developmental and emotional milestone from [Solihull Approach Parenting](#)

Baby brain development: [Brain-Development-Updated.pdf \(inourplace.co.uk\)](#)

### **[Play and activities for 1-2 year olds](#)**

The BBC have produced some great short videos on encouraging your child's communication through play and activities, at [Tiny Happy People](#)

As have HM Government at [Hungry Little Minds](#) where there are also plenty of apps

Here is a good leaflet on play from [Solihull Approach Parenting](#)

"50 things to do before you are 5": Twitter: @50thingstodo.org and at Website: [50 Things to do before 5 in Oxfordshire](#)



### **[Managing minor illnesses and knowing if it is serious](#)**

Oxfordshire CCG have several leaflets on managing a child's health and when to seek help; [Patient Leaflets \(oxfordshireccg.nhs.uk\)](#)

The NHS also have valuable information on [spotting signs of serious illness](#)

As do the Lullaby Trust: [The Baby Check App - The Lullaby Trust](#)

### **[Current immunisation schedule](#)**

Immunisations are happening at your local GP surgery. Here is the NHS leaflet with [information on immunisations up to one year of age](#) (accurate as of October 2020). Ongoing changes and updates can be found [here](#)

Helpful independent information about immunisations, including vaccine safety, can be found here at [Vaccine Knowledge](#)

### **[Further useful information](#)**

Family Lives is a valuable source of information on a range of parenting topics for all ages and stages of parenthood. They also have a parenting helpline and online forums:

<https://www.familylives.org.uk/>

The Institute of Health Visiting has a wealth of free information and parenting leaflets. It also has specific information for managing during the pandemic: <https://ihv.org.uk/families/top-tips/>

Public Health; Birth to Five book: [Birth to five 2021](#)

Gingerbread (for single parent families) [Home | Gingerbread](#)