

[2-year information and useful links from Oxford Health NHS Foundation Trust Health Visitors](#)

[Safety advice home and away for toddlers](#)

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

[Anxiety, worry, low mood, personal health & safety](#)

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

[Toilet training](#)

Information on toilet training, bowel and bladder problems can be found at [ERIC](#)

[Dental Health](#)

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

[Speech, 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](#)

[Play and activities for 2-3 year olds](#)

The BBC have produced some activity ideas for toddlers aged 2-3 year olds 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](#)



[Developmental and emotional milestone](#)

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

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

Healthy eating for 1-4 year olds

Information on healthy eating and portion sizes between ages 1 and 4 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](#)

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 for [Pre School Immunisations](#) (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](#)

Information on the flu immunisation for children can be found here [NHS Flu Vaccine](#)

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