

# Bexley 0 to 19

## Newsletter for Parents

Autumn 2020

The Bexley 0 to 19 Children's Public Health Service is delivered by Health Visitors, School Nurses and Community Nursery Nurses. They provide evidence based interventions to support early identification; prevention and health promotion programmes to help parents and children achieve their full potential in physical health, social and emotional wellbeing. Call us on **0300 330 5777**, email [bromh.bexley0to19@nhs.net](mailto:bromh.bexley0to19@nhs.net) or visit [www.bexley0to19.co.uk](http://www.bexley0to19.co.uk).



As Nurses, we have been supporting our Nursing Community in tackling the spread of COVID. You may not have seen us as often as usual and we would like to thank you for your patience during this pandemic.

We have started to resume more of our contact with you since the initial lockdown. Please access our website for up to date information on the service. You will find useful advice and links on child development and behaviour on our website. You can also access our live chat function to contact us or email us at [bromh.bexley0to19@nhs.net](mailto:bromh.bexley0to19@nhs.net) if you would like to speak to a member of the team.

Our clinics remain closed due to social distancing restrictions and the increasing risk of COVID. We are inviting a small number of babies and children for an appointment if on discussion with a Health Visitor, they need to be assessed by a member of staff.

Once it is safe to re-open our clinics, we will announce this on our website.

**Unicef Baby Friendly Stage 3** - The Bexley 0-19 team are working towards obtaining this accreditation and being recognised as baby friendly. Once successful, this will mean that our staff in Bexley have been assessed as providing comprehensive and quality support to parents and carers on all aspects of infant feeding, breast, bottle and introduction of solid foods.

As part of the process, parents of newborn babies may be asked to participate in a telephone interview from Unicef assessors during early December 2020 when our assessment takes place. This is to understand and assess what information they were given by the health visiting team during early contacts and if it was comprehensive and accurate. We would like to thank all those parents in advance who have taken part or who agree to take part in the future.

**Virtual Feeding support** - Bexley infant feeding keyworkers and our feeding specialist are offering parents one to one Zoom contacts to support with breastfeeding, formula feeding or any feeding concerns families may require support with in the absence of breastfeeding groups. This service is particularly useful to be able to support parents who suspect their babies may have tongue tie and require additional help to continue their breastfeeding journey successfully.

These sessions are usually held Thursday afternoons but days/ sessions may be flexible depending on need.

Parents who have accessed the service have given positive feedback and have found the practical demonstrations provided during the virtual contact helpful in generally resolving their concerns.

Telephone support is offered to those who prefer not to, or are unable to access Zoom.

**eRedbook** - We are continuing to register and sign up Bexley families to the eRedbook. For information on how to set up an electronic book for your child please visit: [eredbook.org.uk](http://eredbook.org.uk)

The eRedbook stores information about immunisations, health reviews and screening tests securely in the cloud so they are always at hand. Starting during your pregnancy, and right up until your child is five, eRedbook will post age-appropriate guidance that is clinically validated by the NHS to help you keep you and your baby healthy.

The eRedbook is personalised enabling you to upload photographs and write your own child's progress. The eRedbook will automatically download vital information for babies born at Queen Elizabeth Hospital and Princess Royal Hospital. Darent Valley Hospital is not part of this first phase and information will not be downloaded from this hospital.

If you need any help and support with registering for the eRedbook please liaise with your Health Visitor or Community Nursery Nurse.

**Early Years Settings** – All Bexley childminders, pre-schools and nurseries have a named Nursery Nurse to facilitate easy and timely communication regarding Bexley pre-schoolers. Your children's setting should ask you if you are happy for them to discuss your child with the health visiting team should they think this may be helpful in providing care to your child. They should then liaise back with you when this has happened.