

Webinar for Parents



[JustOneNorfolk.nhs.uk](https://www.justonenorfolk.nhs.uk)

Norfolk Healthy Child Programme and Just One Norfolk



Norfolk Healthy Child Programme

The Norfolk Healthy Child Programme is the universal health service for all 0-19 year olds in Norfolk alongside their parents and carers.

Just One Number

Our Just One Number team can help you by providing health advice and information about your baby, child or young person. They are able to support you over the telephone, video call or text. Just call **0300 300 0123** or text **07520 631590** with any questions or concerns about your child's health, wellbeing or development.

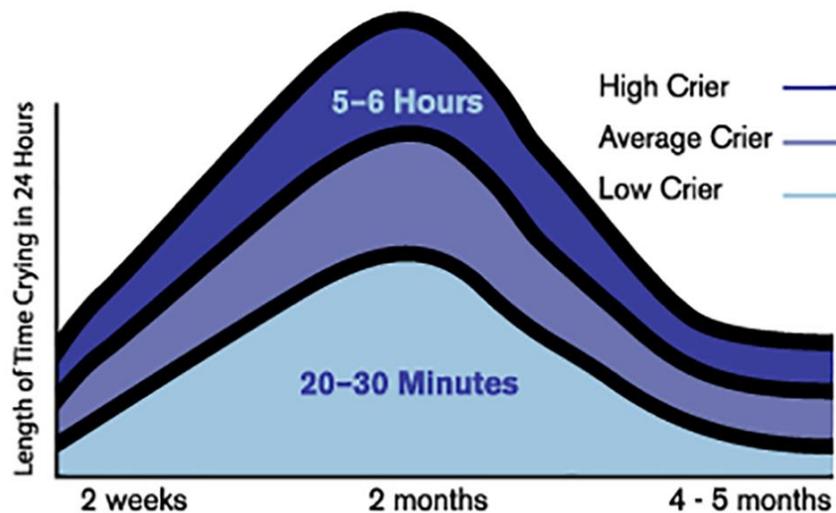
Just One Norfolk

www.justonenorfolk.nhs.uk is our self-care website for families. It has information to support you to care for your child and offers support and guidance on where to go if you need more help.

JustOneNorfolk.nhs.uk

All Babies Cry

Curves of Early Infant Crying
2 Weeks to 4 - 5 Months



- Crying is part of a baby's language
- Learning what works for your baby can take time. There are lots of ways to soothe them
- Look after yourself- it can be exhausting and frustrating when your baby cries a lot. It is important to find ways to stay calm.

<https://www.justonenorfolk.nhs.uk/emotional-health/parents-emotional-health/all-babies-cry>

Early childhood services for families with children aged 0-5 years



**Early
Childhood
and Family
Service**

- Online 0-5 services for families: Baby Days, Toddler Days, Massage, etc
- Social Media: Facebook, Apps, YouTube videos
- Extra help: one to one and group support for children and parents
- Family Support Fund: financial support for families
- Working together: family networking

www.norfolk.gov.uk/earlychildhood

Phone: 0344 800 8020

Email: ecfs-families@actionforchildren.org.uk



JustoneNorfolk.nhs.uk

 **Norfolk**
County Council

Early Childhood & Family Service (ECFS)



Early
Childhood
and Family
Service



www.norfolk.gov.uk/earlychildhood

Phone: 0344 800 8020

Email: ecfs-families@actionforchildren.org.uk



JustOneNorfolk.nhs.uk

 Norfolk
County Council

Feedback from parents



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Due to Covid and not being able to meet other mums and babies it has been really useful to have these sessions to chat to other mums and to learn activities to do with my baby. I think the well-being section is also invaluable because it normalises the different things felt after birth.

Was beneficial to have something during Covid when there were no real life classes. Even online was just good to have the opportunity to have a class and see other adults.



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 **Norfolk**
County Council

Home Learning Team



Parents help to build their children's brains. In the first years of life more than **1 million new connections** are formed **every second** in a child's brain.

Talking, listening, reading and singing support early language development. **Play is how children learn.** You don't need training or expensive toys. **The most interesting and educational toy is you.**

The Home learning team is a very small team. Our role is to support families with information, useful links and ideas to support their vital role. **Parents are the first and most important teachers**

Home Learning Team



[Baby ideas for early development - Norfolk County Council](#)

[Norfolk Family Information \(NorfolkFIS\) – Profile | Pinterest](#)

[Norfolk County Council Family Information Service - Home | Facebook](#)

If you wish to contact Family Information or Home learning email us at fis@norfolk.gov.uk

Family Information



We can provide advice and guidance on funded early education and childcare.

Registered childcare providers can be found on the **Norfolk Community Directory**

Funding is available for some 2-year-olds to use at a registered childcare setting such as a nursery or childminder. You can check whether you are eligible for funding by doing a quick check online and creating a **Norfolk Education Online** account (NEO)

Funding is available for all 3 and 4-year-olds.
Financial support and help are available to support with childcare costs.

Please contact Family Information if you need support or advice about childcare, early years funding or further information and ideas to support home learning activities.

Family Information



Norfolk Community Directory –
www.communitydirectory.norfolk.gov.uk

Create a NEO account at -
www.norfolk.gov.uk/neo

Check the qualifying benefits for 2-year-old funding –
[Free education and childcare for 2-year-olds - Gov.uk](http://www.gov.uk/free-education-and-childcare-for-2-year-olds)

Financial help can include Tax-free childcare – for more information you can visit www.childcarechoices.gov.uk

If you wish to contact Family Information or Home learning email us at fis@norfolk.gov.uk

We can signpost you to other services for sources of information
You can follow us on **Facebook, Twitter, Instagram and Pinterest**



Early Help Family Support

- What to do if your family is experiencing family problems?
- You stay in control
- The starting point will be mobilising your own family network as already explained
- We will help you to get the right help at the time when you need it most.
- The team around the family will work together to make things better for your children



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Early Childhood Advisory Board Babies Survey

(open until the end of February 2021)

- We're listening to you. Help us understand how Covid has changed the way you use and interact with our support services.
- If you are the parent or carer of a child born since January 2020, take part in our survey and help shape the future of our early years services. The survey is open from 18 January to 26 February and will help us understand how Covid has impacted the lives of new parents in Norfolk.
- Plus, be in with a chance to win a bumper hamper full of early years toys and resources, courtesy of Morrisons. Full details on how to complete the survey and enter the prize draw can be found by clicking the button below.
- The Early Children Advisory Board survey will to inform the services offered to new parents in the coming year. This includes decisions on supporting communities and groups through funding, and assessing the impact of Covid on new parents to shape the services moving forwards.
- Visit: www.norfolk.gov.uk/bornin2020survey
- Survey Link: <https://www.smartsurvey.co.uk/s/Norfolk-babies-born-in-lockdown-2020/>

#WeAreStillHere

 Norfolk
County Council

 NORFOLK
CONSTABULARY
Our Priority is You

 NHS
Norfolk



Thank you for joining our online session, we hope you found it useful.

Please complete our online feedback form, which will be sent round after this webinar has taken place.



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