

## PARENT OR CARER OF 0-5 YEAR OLD?

Get advice from our Health Visiting Team via our text messaging service for parents and carers of babies and children aged 0-5 yrs.

**TEXT: 07480 635164**



We can help you with all kinds of things such as:

- Child Development
- Toileting
- Sleep
- Parenting Advice & Support
- Behaviour
- Child Health/safety
- Breastfeeding/Feeding/Nutrition
- Emotional Health & Wellbeing

*This is not an Emergency Service. For urgent medical attention please contact your GP, NHS 111 or call 999.*

Find more information go to: [chathealth.nhs.uk](https://chathealth.nhs.uk) and type @HertfordshireHealthVisitors in the search bar

We might inform someone if we were concerned about the safety of you or your child but we would usually speak to you first. Your messages are stored and can be seen by other healthcare staff who follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate bounce-back to confirm we've received your text. Texts will not be seen outside of normal working hours. If you need help before you hear back from us, contact a professional or your doctor. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some 'number masking' mobile apps). To view our NHS privacy [policy](https://www.hertshire.nhs.uk/privacy-policy/), click this link: <https://www.hertshire.nhs.uk/privacy-policy/>. Prevent our nurses from sending messages to you by texting STOP to our number.



ADVICE FOR PARENTS & CARERS  
OF CHILDREN AGED 0-5



Message us for advice and support

**07480 635164**

And chat with the Health Visiting Team

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Hertfordshire Family Centre Service

Hertfordshire Community NHS Trust

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Health Visiting Text  
Messaging Advice Service for  
Parents & Carers of Children  
aged 0-5


