

Information for parents

NHS services	
<p>Sleep Tight Programme</p> <p>0115 876 3343</p>	<p>What is sleep tight? Sleep is vitally important to support children's development and well-being. Sleep deprivation affects behaviour, learning, health.</p> <p>Advice and support for better sleep</p>
<p>Sleep advice</p> <p>Children - The Sleep Charity</p>	
<p>Sleep advice</p> <p>NHS Sleep Hygiene in children.pdf</p>	<p>Parent information leaflet</p>
<p>Children's Public Health 0-19 Nursing Service</p> <p>0100 300 0040 (Children's Health Advice Hub)</p>	<p>The team is made up of Health Visitors, Family Nurses, and School Nurses</p>
<p>Speech and Language Therapy Drop In sessions at Broxtowe (Strelley) Family Hub</p> <p>0300 123 5387 (option 1)</p>	<p>FOR NOTTINGHAM CITY FAMILIES Come along to one of our early years drop-in sessions for children under 4 years old if you... Broxtowe (Strelley) Family Hub The Corner House, 18 Strelley Road Nottingham NG2 3AF</p>
<p>NHS Speech and Language: What should I do if my child has made progress and is ready for a new target?</p> <p>0300 1233387</p>	<p>Parents/careers should fill in the online form (see below) to request further support. https://forms.office.com/e/5157DhLnkE</p>
<p>NHS Speech and Language What should I do if my child has not made progress despite lots of opportunities to practise?</p> <p>0300 1233387</p>	<p>Parents/careers should fill in the online form (see below) to request further support. https://forms.office.com/e/5157DhLnkE</p>
<p>NHS Speech and Language What should I do if there is a new or different concern about my child's communication?</p> <p>0300 1233387.</p>	<p>Parents/careers should fill in the online form (see below) to request further support. https://forms.office.com/e/5157DhLnkE</p>
<p>Continence services https://www.easesykidney.nhs.uk/parents-families/nottingham-children-s-hospital/urology/378-continence-services</p>	<p>Specialist clinics take place regularly at Nottingham Children's Hospital for children with day and night-time wetting.</p>
<p>Continence advisory Team Sherwood Rise Health Centre Nottingham Road NG7 7AD https://www.nottinghamcitycare.nhs.uk/our-services/continence-advisory-service Open access referrals via 0115 8838900 (option 1) Continence Advisory Service contact details: 0115 8838900</p>	<p>The service exists to help children with Special Educational Needs or a disability over the age of three who have bladder or bowel problems.</p>