



Leicestershire Partnership
NHS Trust

MEDIA RELEASE

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Health for Under 5s

New 'Health for Under 5s' website launched to support parents and carers



A new website, 'Health for Under 5s', has been launched by public health nurses from Leicestershire Partnership NHS Trust (LPT). It provides trusted online information and guidance to support parents and carers.

Health for Under 5s (www.healthforunder5s.co.uk) was co-designed with families across Leicester, Leicestershire and Rutland, and responds to their request for easier, digital access to information and advice from health professionals to

complement face-to-face visits from public health nurses (health visitors).

The health promotion content on the Health for Under 5s site covers the period from pregnancy through to when a child starts school, featuring topics ranging from breastfeeding to potty training and sleep to speech development. There are also features about different aspects of family life as well as links to recommended resources and more specialist support.

The site has been designed to be fully mobile responsive, so can be easily accessed on the go, and will host regular webchats with health professionals on a range of topics: everything from potty training and good sleep routines to encouraging language development, learning and play. Throughout the site, users are also reminded that between 9am and 5pm Monday to Friday they can also get in touch with a public health nurse using LPT's secure text messaging service, ChatHealth.

Janet Harrison, Head of Service, said: "I'm so pleased that the Health for Under 5s website is now in place, allowing us to provide comprehensive digital support for families – an important aspect of our Healthy Together 0-19 public health programme. All the content has been written with health professionals and in consultation with local parents, to ensure it is relevant, engaging and useful. We will review and update the website regularly, both in response to new public health guidance and in light of feedback from families. It's so important that they have easy online access to current advice which they can trust, to complement face-to-face contacts with our Healthy Together teams."

This [short film](#) gives tour of the site, and families can also find out more by following the new Health for Under 5s social media accounts (Twitter, Facebook and Instagram): @HealthforU5s

Health for Under 5s completes the suite of award-winning websites that underpin support from Healthy Together, LPT's public health programme for children, young people and families. Health for Kids (www.healthforkids.co.uk) targets children of primary school age, while Health for Teens (www.healthforteens.co.uk) is aimed at 11 – 16 year olds.

The [Health for Under 5s website](#) has been funded as part of our current contractual arrangements with Leicester City Council, Leicestershire County Council and Rutland County Council for the delivery of the 0-19 Healthy Child Programme.

ENDS



NOTES TO EDITORS

- Leicestershire Partnership NHS Trust (LPT) provides community health, mental health and learning disabilities services for the one million people living in Leicester, Leicestershire and Rutland. We have a budget in excess of £275 million and employ approximately 5,500 staff. For more information visit: www.leicspart.nhs.uk. Healthy Together is the name for LPT's 0-19

public health nursing offer for children, young people and families which is funded by Leicester City Council.

- Families can get in touch with a public health nurse by text or phone. Both these services are available Monday to Friday (excluding bank holidays) from 9am until 5pm, and during these periods texts are responded to within 24 hours. They can call 0300 3000 007, or text: 07520 615381 (Leicester) /07520 615382 (Leicestershire and Rutland)
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