



### Text a public health nurse

You can text a Healthy Together public health nurse for confidential advice about parenting, your child's behaviour, child development, emotional health and wellbeing, or just for general queries about your child's health.

In Leicester text: 07520 615381

In Leicestershire and Rutland text: 07520 615382



### Health for under 5s

[www.healthforunder5s.co.uk](http://www.healthforunder5s.co.uk)



### Health for kids

[www.healthforkids.co.uk](http://www.healthforkids.co.uk)



### Health for teens

[www.healthforteens.co.uk](http://www.healthforteens.co.uk)

If you need help to understand this leaflet or would like it in a different language or format such as large print, Braille or audio, please ask a member of staff.

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Leicestershire Partnership  
NHS Trust

## Early Start Service

### Information for parents



Leicestershire  
Partnership NHS Trust  
Riverside House  
Bridge Park Plaza  
Bridge Park Road  
Thurmaston  
Leicester LE4 8PQ

Leicester City tel: 0116 225 4857  
Leicestershire County and Rutland tel: 01509 564 253

[www.leicspart.nhs.uk](http://www.leicspart.nhs.uk)

Email: [feedback@leicspart.nhs.uk](mailto:feedback@leicspart.nhs.uk)

## What is Early Start?

We provide support to first time parents who feel they would benefit from regular, consistent support from a specialist public health nurse (health visitor).

We aim to help you gain confidence, skills and knowledge about health, relationships, child development and local services, to help you be the best parent you can be.

Our information is based on the most up-to-date health research.

## What does it involve?

Early Start provides support and education around pregnancy, parenting and relationships via home visiting and involvement in groups.

We aim to meet you as early as possible, before you are 24 weeks pregnant, to get to know you and help you have a healthy pregnancy.

If you continue to consent, your Early Start public health nurse (health visitor) will stay involved until your baby's 2nd birthday.

If you choose not to have our service, you will still have a local public health nurse (health visitor) service .

## We may be able to support you if you are a first time parent who is under 24 weeks pregnant and any of the following statements apply to you:

- spent some of your childhood years in care
- had a social worker when you were a child
- have a history of mental health problems/depression/anxiety
- have learning difficulties
- are homeless/don't have anywhere permanent to live when your baby is born
- are in a difficult relationship with your partner
- have a history of being involved with the police
- have a history of abuse/drugs or alcoholism in your family
- have problems managing money
- have very little support when your baby arrives
- are not sure you want to be a parent yet
- have problems with your confidence

## We may be able to provide support if either you or your partner:

- are a serving/reservist or veteran of HM Forces
- have a severe physical disability