

hey!

www.healthyearlyyears.co.uk
is a new website and mobile app, packed
with top tips to support your 0-5 year old to
be healthy, happy and safe.

Download the free app search: healthy early years

 **#HEYCalderdale**



HEY...we know being a parent is a wonderful and rewarding experience. We have developed this website and mobile app to help you enjoy parenting and to support you to give your child the best start in life.

As a parent or carer you want to know how best to have a healthy pregnancy and what to do when your child is ill.

The information on the website and mobile app will guide you on how to care for your child at home, when to speak to your Health Visitor or Pharmacist or when to call your GP.

This website and mobile app has been designed to help you but it doesn't replace the specialist knowledge and guidance offered by your GP or Health Visitor. You know your child best, so if you have any worries or concerns, contact your GP.

Keep this leaflet with you and the contact details of your Health Visitor, GP, Pharmacist and Dentist.



Your important numbers:

Health Visitor:

GP:

Pharmacist:

Dentist:

NHS: 111

Emergency: 999