



## Useful websites and apps

Birth to Five (Public Health Agency) [bit.ly/2JJY2B6](https://bit.ly/2JJY2B6)

Children and Families (Bristol City Council) [bristol.gov.uk/social-care-health/children](https://bristol.gov.uk/social-care-health/children)

Understanding Childhood [understandingchildhood.net](https://understandingchildhood.net)

Health Visiting: Useful Links (CCHP) [bit.ly/2V7qOAR](https://bit.ly/2V7qOAR)

Healthy Start (Gov.uk) [gov.uk/healthy-start](https://gov.uk/healthy-start)

Weaning (Start 4 Life) [nhs.uk/start4life/weaning](https://nhs.uk/start4life/weaning)

Breastfeeding in Bristol (Bristol City Council) [bit.ly/3e1dpmv](https://bit.ly/3e1dpmv)

The best sleeping position for your baby (Lullaby Trust) [bit.ly/2X9Jgf3](https://bit.ly/2X9Jgf3)

Routine childhood immunisation schedule (Gov.uk) [bit.ly/3bY7tZE](https://bit.ly/3bY7tZE)

Smoking (Start 4 Life) [bit.ly/2VcvVA6](https://bit.ly/2VcvVA6)

ERIC – The Children's Bladder and Bowel Charity [eric.org.uk](https://eric.org.uk)

Bladder & Bowel UK [bbuk.org.uk](https://bbuk.org.uk)

I CAN's Talking Point [talkingpoint.org.uk](https://talkingpoint.org.uk)

Recipes (Change 4 Life) [nhs.uk/change4life/recipes](https://nhs.uk/change4life/recipes)

Bookstart for families [bit.ly/2x9lB3z](https://bit.ly/2x9lB3z)

Parenting through coronavirus (COVID-19) (Institute of Health Visiting) [bit.ly/2JLapgg](https://bit.ly/2JLapgg)

Children's guide to coronavirus (Children's Commissioner) [bit.ly/34gHavu](https://bit.ly/34gHavu)

Food/M meal Request Form (We Care Foundation) [bit.ly/3dXKD6v](https://bit.ly/3dXKD6v)

## Recommended apps

**HANDI Paediatric** Health and illness advice based on NHS guidance

**HANDI Maternity** Information for new mums and mums to be

**HOOP** What's on guide for families

**MUSH** Get to know nearby mums with similar interests

**Infant sleep** Useful information on sleep

**Baby Buddy** For pregnancy and the first six months of your baby's life

**Born to Move (NHS)** Encouraging play from birth to pre-school

**Vaccine Knowledge** Information from Oxford University