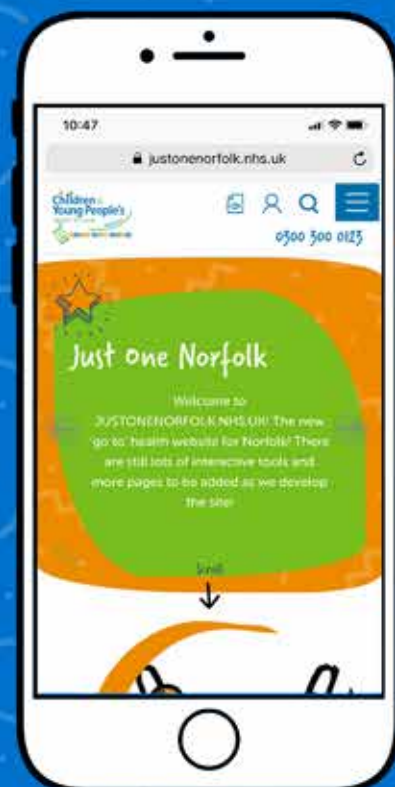


JustOneNorfolk.nhs.uk



Looking After My Child

JustOneNorfolk.nhs.uk is the 'go to' health website for Norfolk families. The website features advice and information on childhood illnesses, healthy lifestyles, emotional health, staying safe, child development and additional needs.

JustOneNorfolk.nhs.uk

How to use QR Codes:



On some phones you can scan a QR code by simply opening the camera and hovering over the QR code.



A link will appear when you scan the QR code.

Click on the link to open the web page.



On other phones you may need to download a QR Scan app. There are plenty of free ones available. When you have installed the app, you can use this to scan the QR code.

Each topic has a link that you can type in to visit the web page.



or search on
JustoneNorfolk.nhs.uk
for the key phrase.

Caring For a Sick Child



bit.ly/chdill1



Managing a Temperature



bit.ly/chdill2



Stop Germs Spreading



bit.ly/chdill3



Rashes



bit.ly/chdill4



Asthma



bit.ly/chdill5



How to tell if your baby is in Pain



bit.ly/chdill6



Meningitis



bit.ly/chdill7



Sepsis



bit.ly/chdill8



Constipation



bit.ly/chdill9

Scan with your smart phone camera or download a QR scan app
For more information and advice search on:

JustoneNorfolk.nhs.uk

Staying Healthy in Pregnancy



bit.ly/pregnp1

Breast and Bottle Feeding



bit.ly/pregnp1

Antenatal Mood



bit.ly/pregnp3



Postnatal Mood



bit.ly/pregnp4



Norfolk Parent Experience Videos



bit.ly/pregnp5

Early Days



bit.ly/pregnp6



online Solihull Free Learning

UNDERSTANDING YOUR CHILD



SOLIHULL APPROACH

bit.ly/solihull7



Parentline

07520 631590



bit.ly/joncontact2

our Services 0 - 5



bit.ly/services0-5



Scan with your smart phone camera or download a QR scan app

JustoneNorfolk.nhs.uk

Introducing Breastfeeding



bit.ly/feeding1

Breastfeeding Basics



bit.ly/feeding2

Hand Expressing



bit.ly/feeding3



Positioning and Attachment



bit.ly/feeding4

Introducing Solids



bit.ly/feeding5



Understanding Bottle Feeding



bit.ly/feeding6

Scan with your smart phone camera or download a QR scan app



@NorfolkCYP

For more information and advice search on:

JustoneNorfolk.nhs.uk

Development
0 - 6 months



bit.ly/emotionhealth1

Development
6 - 12 months



bit.ly/emotionhealth2



Development
1 - 2 years



bit.ly/emotionhealth3

Development
2 - 5 years

bit.ly/emotionhealth4



Anger



bit.ly/emotionhealth5



Anti-Bullying



bit.ly/emotionhealth6



Low Mood



bit.ly/emotionhealth7

Self-Harm



bit.ly/emotionhealth8



Worries & Anxiety



bit.ly/emotionhealth9

Scan with your smart phone camera or download a QR scan app
For more information and advice search on:

[JustoneNorfolk.nhs.uk](https://www.justoneNorfolk.nhs.uk)

Eat Well



bit.ly/norfolkcan1



Family Cooking

bit.ly/norfolkcan2



Healthy Weight



bit.ly/norfolkcan3



Physical Activity

Age 0-5

bit.ly/norfolkcan4



Physical Activity

Age 5 - 19



bit.ly/norfolkcan5

Family Time

Moving More

bit.ly/norfolkcan6



Food Poverty

Food banks and other support.

bit.ly/supportfood



Scan with your smart phone camera or download a QR scan app

#NORFOLKCAN

JustOneNorfolk.nhs.uk

JustOneNorfolk.nhs.uk

The new 'go to' health website for Norfolk families with information and advice on staying safe, childhood illnesses, healthy lifestyles, child development, emotional health and much much more.



Just one Number 0300 300 0123

Monday - Friday 8am - 6pm, Saturday 9am - 1pm

Call the Just One Number team to speak with a member of the 0-19 Healthy Child Programme Team or to change any appointments.

Parentline 07520 631590

Monday - Friday 8am - 6pm, Saturday 9am - 1pm

A text message advice service for Norfolk parents/carers of 0 - 19 year olds.



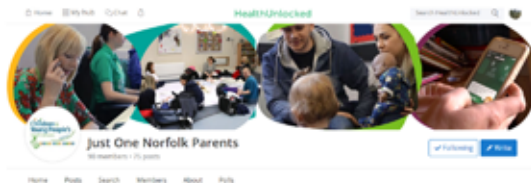
ChatHealth 07480 635060

Monday - Friday 9am - 5pm

A confidential text messaging advice service for young people aged 11 - 19.

HealthUnlocked

Join the online community forum and speak to other Norfolk parents/carers for support and advice.



Baby Self-Weigh

Information on how and where you can self-weigh your baby in Norfolk.



bit.ly/babyweigh

Scan with your smart phone camera or download a QR scan app

JustOneNorfolk.nhs.uk