

Just One Norfolk



www.JustOneNorfolk.nhs.uk

Trusted help, advice and information during pregnancy, birth and throughout your parenthood journey.

Norfolk and Waveney Children & Young People's Health Services. Delivering Norfolk Healthy Child Programme and Norfolk and Waveney Children's Speech and Language Therapy Service.

How to use QR Codes

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



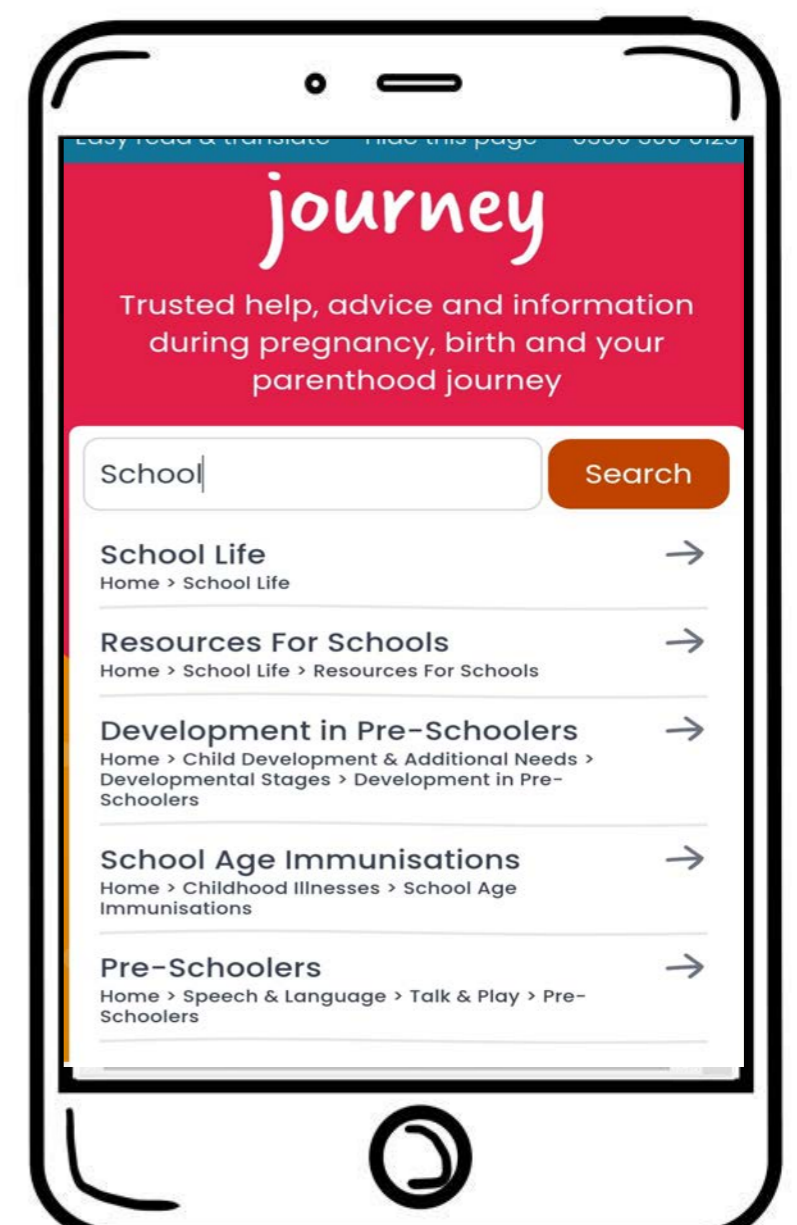
A link will appear when you scan the QR Code

Click on the link to open the page



On other smartphones you may need to download a QR Scan app. There are plenty of free ones available. When the app is installed, you can use it to scan the QR Code.

You can also use the search function on the website. Type the title in the search bar and click search.



Contact Us

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

Trusted help, advice and information during pregnancy, birth and throughout your parenthood journey.



Just one Number 0300 300 123

Mon-Fri 8am-6pm, Sat 9am-1pm.

Just One Norfolk is our single point of access for Norfolk & Waveney. Call for parenting questions or concerns.

Parentline 07520 631590

Parentline is our text service for parents and carers to get in touch about any parenting questions or concerns.



ChatHealth 07480 635060

ChatHealth is a secure NHS approved text messaging service. All Norfolk young people aged 11 – 19 can text to start a conversation with a trained health professional.

Baby Self-Weigh

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



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

Childhood Illnesses

Scan the QR codes with your smartphone camera or download a QR Code app.

Childhood Illnesses Home Page



Caring for a sick child



Managing a Temperature



Stop Germs Spreading



Rashes



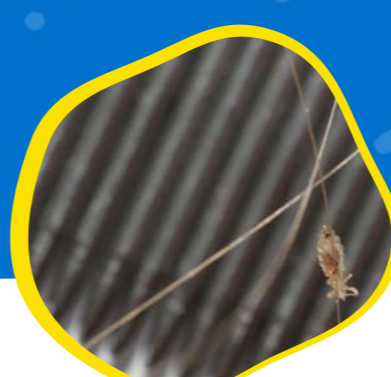
Coughs and Colds



Aches and Pains



Tummy Pain



Headlice



Constipation



Emotional Health

Scan the QR codes with your smartphone camera or download a QR Code app.

Emotional Health Home Page



All Babies Cry



Separation Anxiety



Self Confidence



Worries and Anxieties



Anger



Resilience



Low Mood



Friendships



Emotional Health Activities



Additional Needs & Disabilities

Scan the QR codes with your smartphone camera or download a QR Code app.

Additional Needs and Disabilities Home Page



What is an Additional Need?



Sleep



Toileting



Physical Activity



Oral Health



14+ Healthcheck



Specialist Education Provision



Transition



Caring for Yourself



Child Development

Scan the QR codes with your smartphone camera or download a QR Code app.

Child Development Home Page



Developmental Stages



Supporting Development



Additional Needs



Behaviour and sleep



Toileting



Babies Needing Extra Care



Teenage Brain



Hearing and Vision



online Learning (solihull)



Healthy Lifestyles

Scan the QR codes with your smartphone camera or download a QR Code app.

Healthy Lifestyles Home Page



Move More



Eat Better



Making Change



Infant Feeding



Teeth and Toothbrushing



Family Healthchecks



Checking your Child's Growth



Support Getting Food



Money Worries



Talk & Play

Scan the QR codes with your smartphone camera or download a QR Code app.

Talk and Play Home Page



Babies



Toddlers



Pre-Schoolers



Younger Children



Older Children



Talking and Playing Every Day



Benefits of Play



Types of Play



Play Ideas



Pregnancy & Early Days

Scan the QR codes with your smartphone camera or download a QR Code app.

Pregnancy and Early Days Home Page



Having a Baby



Pregnancy Journey



New Baby



Antenatal Mood



Postnatal Mood



Early Days



Common Pregnancy Health Issues



Infant Feeding



Healthy Child Programme Services



Infant Feeding

Scan the QR codes with your smartphone camera or download a QR Code app.

Infant Feeding Home Page



Feeding Cues



Breastfeeding



Expressing Milk



Attachment & Positioning



Combination Feeding



How to Bottle Feed



Formula Feeding



Weaning and Moving on



Common Weaning Questions



Services to Support You and Your Family

Scan the QR codes with your smartphone camera or download a QR Code app.

Services to Support You and Your Family Home Page



Parental Emotional Health



Family Networks



online Learning



Money Worries



Support with food



Keeping Children Safe



Every Relationship Matters in Norfolk



Just one Number and Parentline



Ask Norfolk Parents



Speech & Language Therapy Service (SALT)

Scan the QR codes with your smartphone camera or download a QR Code app.

SALT Home Page



Talk and Play



How is my Child Doing?



Early Communication



Language



Use of Visuals



Phonological Awareness



Speech Sound Development



Communicating Without Talking



Communication Referrals



Keeping Families Warm & Well

Scan the QR codes with your smartphone camera or download a QR Code app.

Warm and Well Home Page



Tummy Pain



Coughs, Colds or Bronchiolitis



My child has a temperature



Vaccinations



Washing Hands



Attending School or Nursery



Living Costs



Government Schemes and Benefits



Utility Bills

