

## Feeding

Start4Life-Introducing Solid Foods booklet is aimed at weaning babies. It is also relevant for children who are sometimes referred to as fussy eaters or picky eaters. The 'getting started' advice and 'top tips to encourage and explore' are useful pages of the booklet.

The booklet is available at Children's Centres or you can find it on online at [www.nhs.uk/start4life](http://www.nhs.uk/start4life).

## Behaviour

Often children may present with challenging behaviour. The local offer has provided a number of different specialist behavioural parenting programmes. It is recommended that the first port of call for families is to make a referral and visit the websites below and to attend any available Parenting Programmes.



Please scan the QR codes to access a referral form and Parenting Programmes in Newham.



Parenting Referral form



Information about  
Parenting Programmes

## OT ELFT SCYPS YouTube Channel



Visit the Occupational Therapy ELFT SCYPS YouTube channel to watch and learn from generic videos with simple strategies and techniques that you can use to support your child with their daily activities.



## ERIC - The Children's Bowel and Bladder Charity

ERIC, The Children's Bowel and Bladder Charity is the UK's leading charity supporting all children and teenagers with a bowel or bladder problem. ERIC provide information and emotional support to families about these common but often misunderstood conditions.

<https://www.eric.org.uk/>



## Universal services information leaflet

A Guide for Parents

## Play and Development at your local Children's Centre

Here you can find links to each of the children's centres around the borough and how to contact them. They run a number of stay and play sessions for children as well as parenting support with behaviour and healthy eating. If you would like support from a Family Support Worker, you can ask anyone at your local Children's Centre.

[www.families.newham.gov.uk](http://www.families.newham.gov.uk)

### Best Start in Life (BSiL) Children's Centres in Newham

Beckton and Royal Docks, Tollgate Road, E6 5U43

Tel: 020 7474 0654

Edith Kerrison, Sophia Road, E16 3PB

Tel: 020 7473 2761 or email: [info@edithkerrison.newham.sch.uk](mailto:info@edithkerrison.newham.sch.uk)

Keir Hardie, 13 Robertson Road, Canning Town, E16 1FZ

Tel: 0207 476 1284 or email: [info@keirhardie.newham.sch.uk](mailto:info@keirhardie.newham.sch.uk)

Altmore, Altmore Avenue, East Ham, E6 2BX

Tel: 020 8472 3555 or email: [info@altmore.newham.sch.uk](mailto:info@altmore.newham.sch.uk)

Oliver Thomas, 5 Mathews Ave, E6 6BU

Tel: 020 8552 1177

Kay Rowe, Osborne Road, Forest Gate, E7 0PH

Tel: 020 8534 4403 or email: [info@kayrowe.newham.sch.uk](mailto:info@kayrowe.newham.sch.uk)

Maryland, Gurney Road, Stratford, E15 1SL

Tel: 020 8534 8135 or email: [info@maryland.newham.sch.uk](mailto:info@maryland.newham.sch.uk)

St. Stephen's, Whitfield Road, East Ham, E6 1AS

Tel: 020 8586 0147 or email: [info@st-stephens.newham.sch.uk](mailto:info@st-stephens.newham.sch.uk)

Plaistow, Junction Road, E13 9DQ

Tel: 020 8548 5620 or email: [admin@plaistow.newham.sch.uk](mailto:admin@plaistow.newham.sch.uk)

Rebecca Cheetham, Marcus Street, Stratford, E15 3JT

Tel: 020 8534 3136 or email: [info@rebeccacheetham.newham.sch.uk](mailto:info@rebeccacheetham.newham.sch.uk)

## Health Visitors

Health visitors are nurses who've undergone additional training to become a health visitor. Every family will have a named health visitor who will visit your child up until the age of five. Health visitors can help and support with achieving crucial developmental milestones such as **feeding, sleeping & toileting**. Health visitors run lots of groups and work very closely with children's centres.

Your health visitor's contact details should be in your Child's Red Book.

## Specialist Health Visitors

Specialist Health visitors can help with similar things, as well as:

- Supporting children and families during and following assessment
- Signpost families to appropriate services and make referrals to other services as required
- Offer an appointment when a child has received a diagnosis from the community paediatrician, for example, Autism Spectrum Disorder (ASD)
- Advice on Early Start Locality teams and Special Educational Needs Assessment Service (SENAS) who assist with Education and Health Care Plans as required.
- Help with applying for grants (DLA) and application forms

## LBN Local offer

The Local offer is there to help you find information about local services, support, activities and events for children who have special educational needs and disabilities (SEND). Visit [www.families.newham.gov.uk](http://www.families.newham.gov.uk) or search Newham Local offer.



## Sleep

Sleep Right is run by scope and is a free online and telephone support service, which helps parents and carers of disabled children to improve their child's sleep.

[www.scope.org.uk/family-services/sleep-right/](http://www.scope.org.uk/family-services/sleep-right/)