

Healthy
Futures
Calderdale



Did you know?

Healthy Futures Calderdale can provide FREE professional health and wellbeing advice and support for school-aged children and young people and their families.

sleep * bullying * healthy eating * sexual health
allergies * continence * safeguarding * body worries
behavioural problems * puberty and growing up
emotional wellbeing * relationships * bereavement
drugs and alcohol * complex health needs

For confidential advice and support:

Call: 0303 330 9974 **Text:** 0748 063 5297 (young people) or

0750 733 2157 (parents and carers) **Or find us on social media:**

search Healthy Futures Calderdale on Facebook, Instagram and Twitter



Calderdale's Public Health Early Years' Service provides:

Health visiting and breastfeeding support
to families of children aged 0-5 years
across Calderdale.

BREASTFEEDING SAFE SLEEPING

INFANT FEEDING EMOTIONAL WELLBEING

TOILET TRAINING HEALTHY EATING

PHYSICAL ACTIVITY PARENTING

LANGUAGE DEVELOPMENT ORAL HEALTH

SCHOOL READINESS

Call: 030 0304 5076  Locala Health Visiting Calderdale

Download for **FREE** the 50 things to do before you're five app for lots of low/no cost, ideas of activities to do with 0-5 year olds at calderdale.50thingstodo.org

Help to get all the family active look for ideas at active.calderdale.gov.uk

Healthy lifestyle and wellbeing advice to keep you and your 0-5 year old healthy, happy and well
www.healthyearlyyears.co.uk

