Keeping children safe
Promotion of good bedtime routines
Assessing the health of children
Support with medical conditions
Help children to be clean and dry both day and night

Promote positive feelings and behaviours
Promote healthy eating habits

Support with health & wellbeing

Safeguarding
Wellbeing
Healthy Eating
Continence (Toileting)
Sleep
Health
SUPPORT CAN INCLUDE:

- Individual or group support for children, young people and families
- Parent workshops to support health and positive lifestyle choices

IF YOU WOULD LIKE HELP OR SUPPORT CONTACT US VIA;

- Parentline text messaging service – 07520 619376
- Podcasts – Just search "Health Uncovered" in your favourite podcast app
- Website – www.compass-uk.org/services/warwickshire-school-health-wellbeing-service
- Moderated Facebook chats via Hearing the voice of families in Warwickshire and Mums know best Warwickshire facebook pages