

Welcome

This book has been put together by East London NHS Foundation Trust.

Every parent or carer wants what is best for their growing baby and to give them the best start in life. You can use this handbook to help you know what to do when your baby/child is ill. Learn how to care for your child at home, when to seek advice from a health visitor/call a doctor and when to contact emergency services.

Most issues are simply an everyday part of growing up, often helped by a chat with your midwife or health visitor. Almost all babies, toddlers and children will get common childhood illnesses like chickenpox, colds, sore throats and ear infections. While these are not very nice at the time they are easily treated at home with support from your GP or health visitor rather than going to A&E.

Don't forget to find out more about the new e-red book, **eRedbook**, ask your health visitor.

If you are worried you must get further advice - you know your child best - trust your instincts.

To view the latest version of this booklet online

<https://www.e1ft.nhs.uk/Child-Health>

An app is also available for Android and iPhone, search **child health guide newham**



To view this booklet online, scan this QR code with your smartphone.

Your contacts

GP:

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Nearest pharmacy:

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Health visitor:

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Dentist:

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All factual content has been sourced from Department of Health, NHS Choices, British Association of Dermatologists, Meningitis Now and NICE guidelines. This information cannot replace specialist care.