

The Redbridge 0-19 universal team provide a range of support to parents/carers who have children under the age of 19.

feeding guidance for brand new mums

Breastfeeding offers many benefits to both mother and baby. We offer support and advice to parents relating to infant feeding (regardless of whether a parent has chosen to breast feed or formula feed). Support is available antenatally as well as postnatally. There are a number of regular baby feeding cafes in Redbridge which parents are welcome to attend. Please contact your health visiting team for further details.



introduction to solid foods

The department of health recommend introducing solid foods at 6-months of age. For support on how to introduce solid foods you can collect the introduction to solid food leaflet from your nearest children's centre or health centre (or download a copy at www.nhs.uk/start4life). Attend a baby feeding café that take place across Redbridge or visit your local children's centre or healthy child clinic to speak to staff for further advice.



active stars 5-13 yrs

This is a 10 week nutrition and physical activity programme for families run by Vision RCL. Referrals are made following the weighing of children in reception and Year 6.

The sessions are held at different locations around the borough and cost £10 to attend the 10 week block. We will assess whether your child qualifies based on their age, height and weight. Places are limited and allocated on a needs basis.



assessment days

Come along to one of our assessment days to see if your child qualifies for a place, no need to book, just turn up.

Monday 27 March	Wednesday 29 March
Ilford Sports Club	Loxford Youth Centre
3.30pm-6.30pm	3.30pm-6.30pm

For more information about the next active stars course email activestars@redbridge.gov.uk

concerned about your child's weight?

Advice and support is available for those who have concerns about their child's eating/drinking/weight (regardless of their age). Please contact your health visiting team or school nursing team for further details. School Nursing team details can be obtained from your child's school.



If you have any difficulty contacting the right person regarding feeding or weight concerns, email the relevant team for your area below who will be able to help you:

Hainault	Nem-tr.HealthTeamBernardHouse@nhs.net	Loxford Polyclinic	Nem-tr.HealthTeamLoxfordPolyclinic@nhs.net
South Woodford	Nem-tr.HealthTeamSouthWoodford@nhs.net	Newbrook	Nem-tr.HealthTeamNewbrook@nhs.net
Wanstead Place	Nem-tr.HealthTeamWansteadPlace@nhs.net	Seven Kings	Nem-tr.HealthTeamSevenKings@nhs.net