

About us

0 – 1 years

1 – 2 years

3 – 4 years

Family Nurse Partnership

Our groups

Get advice



Oxfordshire Health Visiting Service offer excellent support and advice for families with children 0-5. Their website is full of excellent information on many different areas including: play and development, sleep, toileting and eating. Do have a look! <https://www.oxfordhealth.nhs.uk/hv/3-4/>

If you want individual advice from a Health Visitor they can be contacted via text at Chat Health:



For support or advice, please **text** the Health Visiting messaging service, Chat Health. All questions about your child's health and/or development is welcome and no question is too 'basic'. We are here to support you.

**ParentLine** TEXT 0-4 years:  
07312263081

They also run some excellent **online courses 'Marvellous Me'**. The course for parents of 3-4 year olds explores:

- sleep
- language and communication
- healthy eating and drinking
- toilet training
- play and development
- school readiness

Please see details of how to book onto these on their website:

<https://www.oxfordhealth.nhs.uk/hv/groups/marvellous-me/>