

# The Healthy Child Programme

Supporting the National Child Measurement Programme (NCMP)

## Resource Page

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**NHS Healthy Steps email programme.**

Sign up for the 8-week Healthy Steps emails and you will be sent lots of low-cost easy tips, fun games, healthy swaps and tasty recipes on a budget.

Visit: [www.healthysteps.uk](http://www.healthysteps.uk)



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Information from NHS Digital and DHSC collect and use information. [How we look after your health and care information - NHS England Digital & Personal information charter - Department of Health and Social Care - GOV.UK.](#)

Visit: [www.gov.uk](http://www.gov.uk)



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Information about the organisations NHS Digital has shared information from the National Child Measurement Programme can be found here.

Visit: [www.digital.nhs.uk/services/national-child-measurement-programme](http://www.digital.nhs.uk/services/national-child-measurement-programme)



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FAB Families is a FREE service in Nottinghamshire designed to help you and your family with nutrition, exercise and lifestyles.

Visit: [www.yourhealthnotts.co.uk/healthy-families-fab/](http://www.yourhealthnotts.co.uk/healthy-families-fab/)



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Change For Life is a FREE online service sharing lots of tips on healthy eating and moving more.

Visit: [www.nhs.uk/change4life](http://www.nhs.uk/change4life)



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Health For Kids website is a free health website for children and families offering advice and signposting.

Visit: [www.healthforkids.co.uk](http://www.healthforkids.co.uk)



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Health For Kids website is a free health website for children and families offering oral health advice and signposting.

Visit: <https://www.healthforkids.co.uk/nottinghamshire/search/?q=oral+health>



If you have any concerns with your child's growth, the Healthy Family Team is there for help and advice.

TELEPHONE: 0300 123 5436

TEXT: 07520 619919