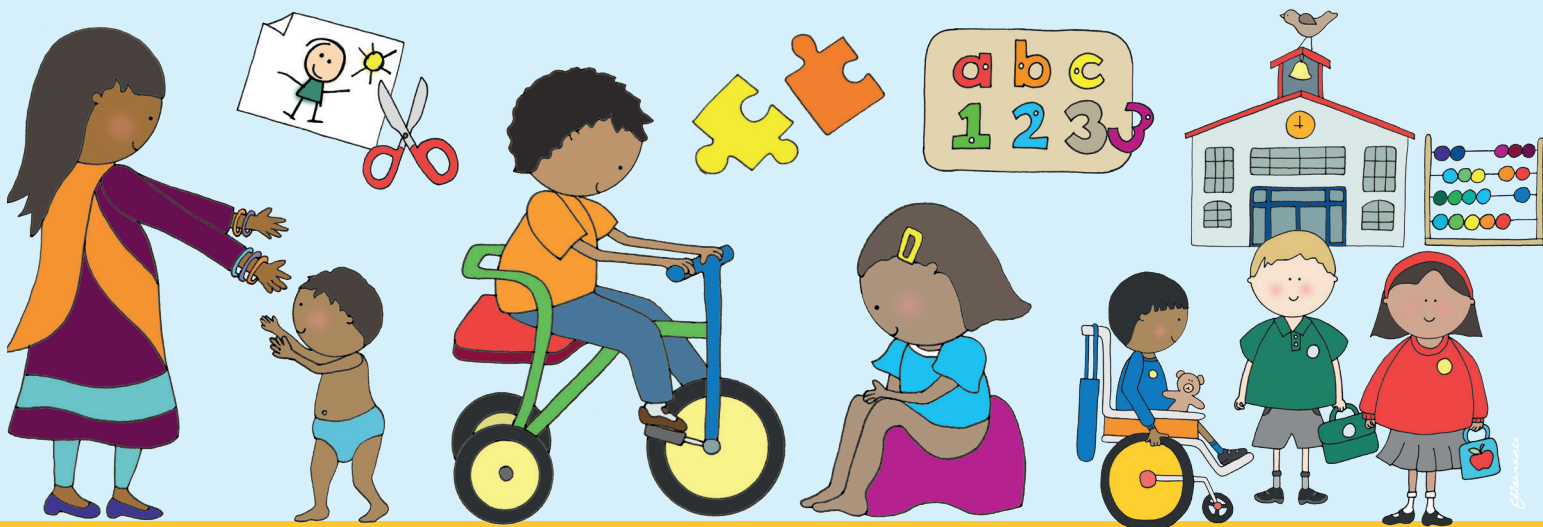


Tips for parents of 0-5s

Download the Healthy Child Wolves app for tips, advice and signposting.



Checks and vaccinations

Common illnesses

Healthy eating for the whole family

Behaviour

Your emotional health and wellbeing

Safer sleep

Keeping my child safe

First aid

Teething and dental health



Available free from the App Store or Google Play. Find out more at www.royalwolverhampton.nhs.uk/healthychild

Includes a sleep and feeding tracker.