

If you feel like you need any support with any aspect of parenting your child/children now they have reached 2 years of age, there are several services able to help:

- **Locala Health Visiting** (0-19 Service) can support with the following:
  - growth and development
  - Behaviour difficulties including sleeping, eating, potty training, temper tantrums and teething
  - Healthy eating, hygiene, safety and exercise
  - Immunisation programmes
  - You can speak to a Locala Health Visitor for non-urgent advice and support over the phone by calling Locala's Single Point of Contact on: [0300 304 5555](tel:03003045555).
  - You can also contact a Locala Health Visitor by text message through ChatHealth between the hours of 9am and 5pm. All you need to do is send a text message to [07520 618867](tel:07520618867) with a few details about the support you require or a question you might want to ask. If this is something we can answer via text message we will do so, or a member of our team will call you back.
- **Home-Start Kirklees** offers support to local families. From birth to 5 years old, you can get emotional support and guidance for any aspect of parenting you might need. Whether it's practical help or emotional support, you can have a one-off intervention or some longer term support on a one to one basis. The service is completely confidential. Please call 01484 421925 or visit [www.homestart-kirklees.org.uk](http://www.homestart-kirklees.org.uk)
- **Kirklees Local Offer**
  - Information, support, services and activities for young people with special educational needs and disabilities in Kirklees. <https://www.kirkleeslocaloffer.org.uk/>