

# Getting ready for school

For more information about feeding your baby please see the section 'Feeding your baby, toddler and all the family'.

## [BookTrust](#)

BookTrust transforms lives by getting children and families reading.

## [Potty training and onto the toilet](#)

Recognising when your little one is ready to move to the potty and or toilet, information to support you through this process.

## [What to expect, when? – Birth to 5](#)

Guidance to your child's learning and development in the early years foundation stage

## [Baby teeth – how to care for teeth and gums \(NHS Choices\)](#)

When to take your baby to the dentist.

A quick guide to a healthy mouth in children (Public Health England).

[NHS dental treatment is free whilst pregnant, and for the first year after the birth.](#)

## [Eating well snacks for 1-4 year olds – First Steps Nutrition](#)

The importance of healthy snacks, recipe ideas, photos, portion size, costs.

## [Eating well recipe book – First Steps Nutrition](#)

Family recipe ideas, photos, portion size, costs.

## [Eatwell Guide](#)

Healthy nutrition guide for adults

## [Help your baby move and play every day](#) - British Heart Foundation

Activity for the very young – for health and wellbeing

[Your child's speech and language](#) - The Communication Trust

What you can do to help, stages of development, when to ask for support,  
Newham speech and language service – [see childrens' centre activities](#)

[Help and support with smoking](#) (NHS Start4Life)

[Baby on the way, quit today](#) – Newham Stop Smoking support

Help with stopping smoking, the most important decision you can make for your baby's health

[Domestic violence](#)

Help and advice; free and confidential; Newham One Stop Shop on 0845 451 2547. The line is available 24 hours a day, seven days a week.

[Money and debt management](#) – Citizens advice

Information and support to help you to manage your finances; support with budgeting, debt solutions, mortgage problems.

[Free impartial money advice](#) – The Money Advice Service

[Alcohol or drug abuse](#) – Newham

Information and help with managing drug or alcohol use. Call the 24 hour drugs and alcohol helpline anytime on 0800 652 3879 to get help, advice and services from people who care.

[School Nurses](#)

Do you qualify for free childcare? Don't miss out!

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