

# Parent drop-in

**Your next drop-in will be on:**

**Tuesday 23<sup>rd</sup> September**

**9am – 10am**

**Community Room**

Your school nursing team can provide non-judgemental and confidential support and advice about:

**Healthy lifestyle advice**

**Emotional health and well-being support**

**Bedwetting and toileting**

**Nutrition and growth**

**Sleep advice**

**Signposting to various services**

**Parenting advice**

**Behaviour support**

**You can contact us via**

- School nursing admin hub on 01929 557 558
- Parentline advice 5-19 texting service on 07312263131
- Website at [www.dorsethealthcare.nhs.uk/school-nursing](http://www.dorsethealthcare.nhs.uk/school-nursing)

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