

# KIDS

## Childrens Health

New to Change4Life? Here are a few things to get you started:

Sign up and **join Change4Life** - <https://www.nhs.uk/change4life/about-change4life>

### Oral Health Support -

<https://www.nhs.uk/live-well/healthy-body/taking-care-of-childrens-teeth/>

<https://www.nhs.uk/live-well/healthy-body/kids-teeth-sweets-fizzy-drinks-fags/>

<https://www.who.int/news-room/fact-sheets/detail/oral-health>

### Sleep Support-

<https://www.nhs.uk/live-well/sleep-and-tiredness/healthy-sleep-tips-for-children/>

<https://www.gosh.nhs.uk/conditions-and-treatments/procedures-and-treatments/sleep-hygiene-children/>

<https://hampshirecamhs.nhs.uk/issue/sleep/>

### Behaviour Support-

<https://hampshirecamhs.nhs.uk/issue/learning-disabilities/>

<https://hampshirecamhs.nhs.uk/issue/managing-challenging-behaviour/>

### Eye Tests for children-

<https://www.nhs.uk/conditions/eye-tests-in-children/>

## Keep up to date with us:

 [www.kids.org.uk](http://www.kids.org.uk)

 0207 359 3635

 KIDScharity

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Registered charity number: 275936



Giving  
**disabled children**  
a brighter future  
for 50 years