

Apps and useful information



Healthy Early Years (hey) App

This app has been put together by NHS Calderdale Clinical Commissioning Group and Calderdale Council. The app promotes wellbeing and healthy lifestyles right from the start.

every parent or carer wants to know how to have a healthy pregnancy and what to do when a child is ill - use this resource to learn how to care for you child at home, when to call your GP, when to discuss with your health visitor or pharmacist and when to contact the emergency services. most issues your child will experience are part of growing up and are often helped by talking to youe health visitor or GP.



50 Things to do before you're five.

This app gives you 50 activities that parents, and carers can support their children to try out and repeat. They are low-cost/no cost experiences that include indoor, outdoor, seasonal, home based and out and about activities, that are not only fun but will get your little one off to a flying start with their learning and language development.

Each experience has been suggested by parents, carers and professionals; sifted developed and written up by early years experts and language specialists, to create a fabulous resource for every child under five and the grown ups in their life!

- Discover: tick off 50 fantastic things to experience together.
- Create Memories: build a memory bank of those special moments to look back on later in life.
- Share: share memories and inspire others to connect their child's learning through and online community.