

Family Assist

Essential information to guide you through pregnancy, birth and beyond.

www.westsussex.gov.uk/familyassist



What is Family Assist?

Essential information to guide you through pregnancy, birth and beyond. Receive bitesize information directly to your email inbox at the time most relevant to you and your child's development. Don't worry; we won't share your personal details with anyone so you will never receive any junk mail as a result of registering to Family Assist!

How do I sign up?

Speak to your health professional who can help you do this or visit our website www.westsussex.gov.uk/familyassist.

When your account has been created and confirmed, you will receive an email explaining how you can invite family and friends to register including dads, partners, grandparents or anyone else you would like to receive the same information and resources that Family Assist has to offer.

What will I get from Family Assist?

- Emails containing important information at the time you need to see it, sent to you and your nominated family and friends.
- Access to our 'Ask a question' facility and an answer within 2 working days.
- **New for 2020** - Live Chat, so you can speak directly to a local Midwife, Health Visitor or other healthcare professional.
- Access to a wealth of information written to help guide you through pregnancy and beyond, from your first scan and parent education, to healthy eating for your child, child development, plus much more!

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