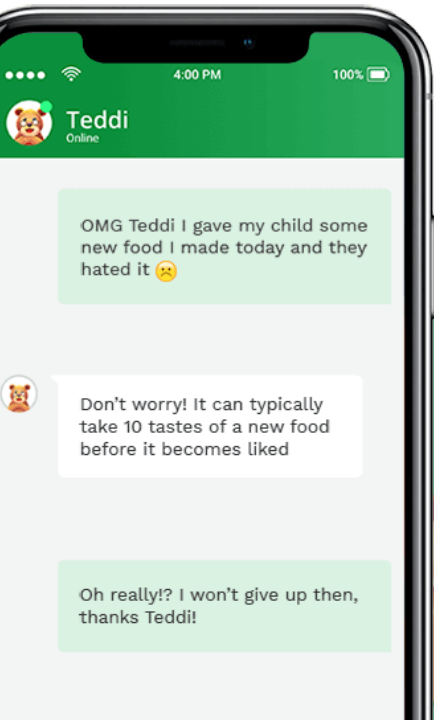




Raising a child can be really tough and the early years between 0-5 are really important. The Ask Teddi app is here to help with useful tips, advice and support to help you give your child the best start in life.



# ASK TEDDI



# The best start in life

The Ask Teddi app is brought to you by the Healthy Child Programme 4 Barnet. Your local Health Visiting and School Nursing service leading on the Health Child Programme (0-19) for Barnet.

If you have any questions about the app, or would like any support to access the app, please email [teddi@solutions4health.co.uk](mailto:teddi@solutions4health.co.uk)



Phone: 020 3633 4049 or 0800 772 3110  
 Email: [hcp.4barnet@nhs.net](mailto:hcp.4barnet@nhs.net)  
 Web: [www.healthychildprogramme4barnet.co.uk](http://www.healthychildprogramme4barnet.co.uk)

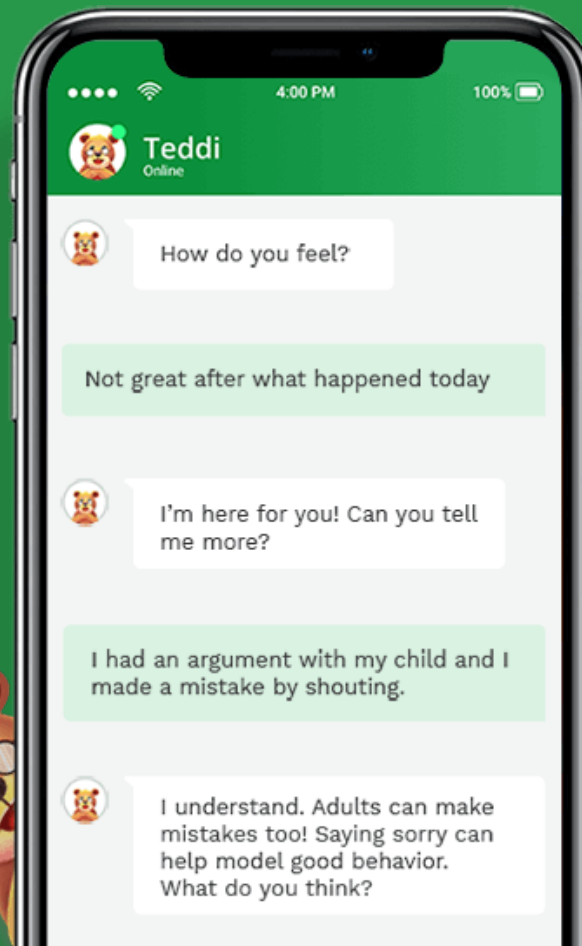


# Trusted, Reliable, Personalised, and On Demand

Teddi has been built on evidence-based data, resources from trusted sources, knowledge from key subject matter experts, insights from large teams of Health Visitors and School Nurses, parenting expertise, user feedback, and advances in AI to be there for you at any time.



Comprehensive 24/7 app based support covering topics such as breast feeding, introduction to solids, oral health and emotional wellbeing



## Download for free today!



Ask Teddi is available for you to download to your smartphone from [www.ask-teddi.com](http://www.ask-teddi.com)

For free access, please ensure you enable location permission

