

# Services for Young Children

## Parents/ Carers Update February 2023

Included this month: Healthy Start – get help to buy food and milk, reusable nappies discount scheme, Care for the Family – single parent support, Ask About Autism



### Healthy Start – get help to buy food and milk

Benefits of the Healthy Start prepaid card scheme for parents include:

- any money you do not spend will remain on your card and can be put towards healthy food and milk in the future
- you can check your balance which helps with money management
- your payment will be automatically added to your card

You can [apply for the digital scheme here](#):

If you have a query about your Healthy Start card you can telephone the Healthy Start helpline: **0300 330 2090** or look at the FAQs on the [Healthy Start website](#).

### Reusable Nappies discount scheme expanded

Since the Reusable Nappies discount scheme launched in September 2022, over 600 Hampshire families have registered online for a 15% discount on reusable nappies and related products!

By visiting [Reusable nappies | Hampshire County Council \(hants.gov.uk\)](#), residents of Hampshire, Southampton and Portsmouth can obtain a 15% discount code to spend with their supplier of choice.

We now have an even greater range of products, with 12 suppliers offering a discount.

Orion's Cloth Nappies also stock reusable nappies for older children, beyond the typical nappy wearing period.



Nappy libraries are a great way to 'try before you buy' by renting a reusable nappy kit to suit your needs. The libraries often run advice sessions or groups so you can talk to other parents trying reusable nappies.



### Single Parent Support from Care for the Family

Raising children is hard enough, but if you're parenting alone, you're probably facing a whole host of additional challenges. You have the responsibility for your children's physical and emotional wellbeing as well as your own, and the financial pressures that go along with carrying this by yourself.

Check out the Care for the Family website for support and guidance: [Single Parenting - Care for the Family](#)

### Ask About Autism

Ask About Autism is a service to support families across Hampshire and the Isle of Wight who feel that their child or young person may be displaying autistic traits, which may lead to diagnosis and beyond.

The service provides free workshops, network groups and signposting appointments for support. For further details: [Ask About Autism | BRAAIN](#)

