

Ayrshire Bairns

Are you a parent/carer of an under 5?

Looking for up to date health information to support your child growing up?

The NHS Ayrshire and Arran **Ayrshire Bairns** App is the answer!

The **free** app provides information about:

- Scheduled Health Visitor visits from birth to 5
- Infant feeding and nutrition
- Speech and language
- Mental health and wellbeing
- Parenting information

and much more

To get the app, download “**NHS Ayrshire & Arran App**” by searching for it in your Apple or Android mobile telephone App store. Then search for “**Ayrshire Bairns**”

For more information, speak to your Health Visitor or Family Nurse.

