



MEDIA PACK • 2026

LittleNest Family

Calm, evidence-based child health guidance
for UK parents.

FOUNDED BY

Dr Eniola Hassan, GP Specialty Trainee

FOCUS

Babies and children 0-18 months and beyond

FREE TOOLS

NHS-aligned fever checker, symptom guides

PRESS CONTACT

hello@littlenestfamily.co.uk

www.littlenestfamily.co.uk

ABOUT

About LittleNest

LittleNest Family is a UK child health platform that helps parents understand what they're seeing when their child is unwell. Our free tools — including an NHS-aligned fever checker and plain-English symptom guides — explain what's usually normal, what to watch, and when to seek help.

Everything is grounded in NHS and NICE-aligned evidence, written and reviewed by a doctor, and designed around UK services such as GP surgeries, NHS 111 and A&E. LittleNest complements professional care — it never replaces it.

OUR MISSION

To help parents make confident healthcare decisions through evidence-based child health guidance.

WHY WE EXIST

Why LittleNest exists

The 2am problem

Parents often can't tell whether a symptom is routine or serious, and searching online returns conflicting, frightening advice.

Pressure on services

Uncertainty drives avoidable appointments — and, just as often, delays when a child genuinely needs to be seen.

Our answer

Short, calm, tap-based guidance that mirrors the NICE traffic-light system and always names the safe next step.

FOUNDER

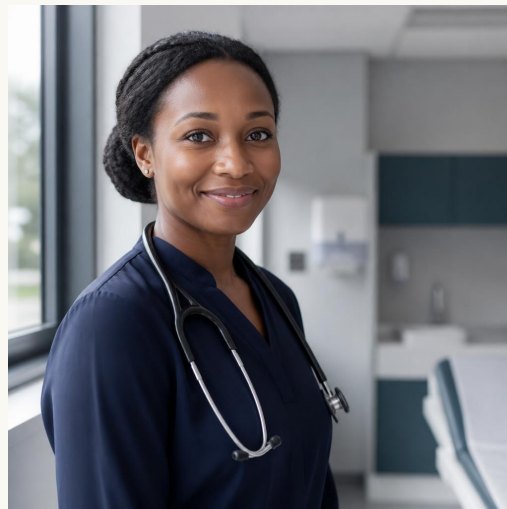
Dr Eniola Hassan

GP Specialty Trainee, mum and founder

Dr Eniola Hassan is a GP Specialty Trainee working across UK primary care, and a mum who knows the 2am worry of a hot, unsettled baby.

She founded LittleNest Family after seeing how often parents arrive at appointments anxious, exhausted and unsure whether they should have come at all.

She speaks and writes about childhood illness, parental anxiety and how digital tools can make trustworthy health guidance easier to reach.



INTERVIEW TOPICS

Topics available for interview

● Childhood illnesses

● Fever and the NICE traffic-light system

● Parental anxiety and reassurance

● Digital health and triage

● Healthcare innovation

● UK primary care pressures

● Women's health

● Parent health education

SPEAKING

Speaking opportunities

Conferences

Keynotes and breakouts on child health literacy and digital triage.

Webinars

Live sessions for parent communities and healthcare teams.

Podcasts

Warm, plain-English conversations about parenting and illness.

Panels

Clinical perspective on innovation, access and primary care.

Media interviews

Expert comment for print, radio and broadcast, including seasonal illness stories.

BRAND

Brand assets

Please use the primary logo unaltered, and keep clear space around it. Founder headshot, logo files and product screenshots are available on request or from the Media page.



Sage

#8FAE9E



Cream

#FAF8F3



Deep sage

#3F5049

Typography: serif headings paired with a clean sans for body text.



Let's work together

For interviews, speaking invitations or asset requests,
we usually reply within two working days.

hello@littlenestfamily.co.uk

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Media page: littlenestfamily.co.uk/media

LittleNest Family provides general health information and does not replace professional medical advice, diagnosis or treatment. In an emergency call 999.