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# Health Visiting

## A guide for parents and carers of babies and young children

### What do health visitors do?

Health Visitors are qualified nurses who have additional specialist training in child and family health

The Health Visitor's role is to assess the health needs of your family and work with you to provide, support, advice, and interventions. They can also signpost to other services/organisations. Your Health visitor may see you in a clinic, children's centre, group setting or your home.

Health Visitors are part of a team that work closely with children centre staff, Midwives, Doctors, Speech therapists, audiology, local community groups and voluntary services.

You will be invited to attend child health clinics and home visits can be arranged if necessary. Your Health Visitor will give you more details about these and other services available in your area, such as those organised by the children's centre.

### What happens

There are five planned contacts by the Health visiting service

- Antenatal/Pregnancy
- New birth when your baby is 10-14 days old
- 6-8 week contact
- 1 year development contact
- 2 1/4 year development contact

Further support/contacts can be arranged as required with your Health Visiting team.

When attending for appointments or clinics please bring your child health record (the red book). If you cannot attend for an appointment please let us know.



## **Immunisation**

You will receive a card through the post inviting you to your GP surgery for immunisations. If someone other than the parent or guardian brings your child for immunisations please send written consent in the (child health record/ red book) with the carer

Your GP will usually do your postnatal examination and a review of your babies health at 6-8 weeks. You may need to make your own appointment. Please contact your own GP.

## **Health Visitor Contact Details**

## **How we can help you and your family**

Health visitors support parents in many ways:

- advice and support as you become a new parent
- advice on infant feeding, including breastfeeding and formula feeding, and weaning
- advice on good family nutrition and dental hygiene
- help for parents who are feeling depressed after the birth or going through difficult times in their relationship, including domestic abuse
- help with behavioural problems, such as poor sleeping or toilet training
- help for parents who want to give up smoking or other harmful habits
- help to keep your baby safe from harm
- help for parents and children living with long-term conditions and or disabilities
- advice about minor illnesses
- advice and information about screening and immunisation to protect your child from serious diseases
- the health and development of your baby
- early help support/team around the family
- signposting to other agencies

### **How often should I weigh my baby?**

Some parents are unsure when /or if they should attend clinics. If your baby is well and is content then you should be reassured that your baby is thriving. There is no pattern to attending clinics; this is personal to you, if you require any advice or support. You will have the opportunity to have your baby/child weighed at all of the planned contacts.

### **Safeguarding**

All Health Practitioners have a responsibility to safeguard children. Where child protection concerns are identified the practitioner would discuss these issues with the family. They then have a duty of care to make a referral to Children's services.

If your family requires support from children's services your Health Visitor will transfer your care to the Strengthening Families' team

### **Find out more**

Useful information and telephone numbers

Useful information can be obtained in the birth to 5 guide. This is available at [www.nhs.uk](http://www.nhs.uk)

Other useful websites:-

[www.cumbriapartnership.nhs.uk](http://www.cumbriapartnership.nhs.uk)

[solihullapproachparenting.com](http://solihullapproachparenting.com)

[www.essentialparent.com](http://www.essentialparent.com)

[www.lullabytrust.org.uk](http://www.lullabytrust.org.uk)

[www.nhschoicies.nhs.uk](http://www.nhschoicies.nhs.uk)

[www.bliss.org.uk](http://www.bliss.org.uk) for babies born premature/sick

[www.immunisation.nhs.uk](http://www.immunisation.nhs.uk)

[www.healthprotection.org.uk](http://www.healthprotection.org.uk)

[www.cumbrialscb.com](http://www.cumbrialscb.com). [Information on early help support](#)

## Confidentiality

**‘The Trust’s vision is to keep your information safe in our hands.’**

We promise to use your information fairly and legally, and in-line with local and national policies. You have a right to understand how your information is used and you can request a copy of the information we hold about you at any time.

For further information contact the Information Governance Team on 01228 608998 or email [Information.Governance@cumbria.nhs.uk](mailto:Information.Governance@cumbria.nhs.uk) . We will ask you for consent before sharing information with other agencies i.e. Children’s Centres.

## Feedback

We appreciate and encourage feedback, which helps us to improve our services. If you have any comments, compliments or complaints to make about your care, please contact the Patient Experience Team.

Email: [PET@cumbria.nhs.uk](mailto:PET@cumbria.nhs.uk) Tel: 01228 602128 Freephone: 0800 633 5547

If you would like this factsheet in another language or format, for example Braille, large print or audio, please call:

**01228 603890**

E:[communications.helpdesk@cumbria.nhs.uk](mailto:communications.helpdesk@cumbria.nhs.uk)

Or write to Engagement and Communications  
Voreda House | Portland Place | Penrith | CA11 7QQ



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