

Your Health Visiting service

Here to support you and your family for a healthy life

Health Visitors

Health Visitors are specialist Public Health Practitioners who have expertise and experience in child development and family health.

All children under five years of age have a Health Visitor. Health Visitors are qualified nurses who have a specialist qualification in community health and have knowledge about adult and child health promotion and education.

Health Visitors offer an antenatal visit before mothers have their baby to talk about care, bonding and communication with their new baby.

Their knowledge of the local community gives awareness of the many influences that can affect health and well-being. They work in partnership with you and other agencies to identify, understand and help to address your health needs.

Health Visitors can help you

Many things may affect your health. Your Health Visiting team can offer advice and support in many subjects.

These include:

- child health and development
- breast feeding
- Immunisation

- emotional needs of children / parents
- accident prevention
- prescribing (some medications)
- family support & communication
- information & support for families who have special needs
- smoking cessation
- parenting skills
- unhappy or violent relationships
- alcohol or drug abuse
- contraception
- and many more

Your emotional health

Your Health Visitor will discuss postnatal depression and will carry out a screening questionnaire with you at any time within the first year after birth. You can contact your Health Visitor if you feel the need to discuss this further.



Health Visitors and confidentiality

As specialist nurses, Health Visitors follow a professional code of conduct. This places strict emphasis on confidentiality. Under certain circumstances Health Visitors are required to share information with other care agencies, such as children's social care. Wherever possible this will be discussed with you.

Seeing your Health Visitor

Health Visitors arrange to see you at a mutually convenient time at home, your surgery, or at another suitable location.

Appointments for child development reviews may be offered at Children's Centres, clinics or home.

If you are unable to attend, please help by contacting us.

Demand is very high and missed appointments cause inconvenience and delay to other families.

Your Health Visitor records

Health Visitors will record information in your child's Personal Child Health Record (Red Book). This is given to you by your midwife shortly after the birth of your baby.

Please bring your Red Book with you when you bring your child for any hospital, Health Visitor or GP appointment or clinic visit.

In order to ensure a consistent and comprehensive service, Health Visitors record details of contacts with you. This will include relevant medical history and details of any other care you may be receiving.

For your safety and security, all Health Visitors wear an identity badge. Please feel free to ask to see this.



If you would like this information in another format or language, please contact the Your Experience Team on freephone 0800 694 5530. Alternatively you can email wcnt.yourexperience@nhs.net

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