

Your Health Visiting Team

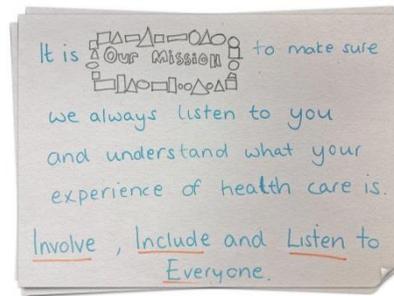
Every family with pre-school child/children aged 0-5 years is allocated to a health visiting team and offered 5 health reviews, starting during pregnancy. The purpose of these reviews is to support the best possible start in life.

Families with additional needs are offered more support. Health visitors can also refer to other services to ensure that you and your family receive the best possible service.

Who Is In The Health Visiting Team

The Health visiting team includes:

- **HEALTH VISITORS:** Nurses and midwives who have extra training in the health of children, families and communities.
- **COMMUNITY NURSES:** Registered Nurses who help in the delivery of the Health Visiting Service to families.
- **COMMUNITY NURSERY NURSES:** Have a qualification in child care and have lots of experience in child health, behaviour and development. They provide a supportive role under the guidance of the Health Visitor. For example, they may weigh your baby, suggest ways of encouraging your child's development, or give you advice about weaning, toileting or getting your baby/child to sleep through the night



What Can I Expect?

The Health Visiting Team want to support you and your child achieve the best possible start in life.

We are keen to hear your thoughts, feelings and experiences about being a parent.

The health visiting team will contact you on five occasions in the first three years of your baby's life. However you can contact your health visiting team at any time during office hours or you can drop into our child health clinics. It will be really helpful to know if your circumstances change. All teams have an answering phone where you can leave a message.

Health Visiting Services are managed by Sirona in South Gloucestershire.

Tel: 01454 862434

Health Visiting Services are managed by Bristol Community Health in Bristol.

Tel: 0117 3408063

Website: www.cchp.nhs.uk

**This leaflet can also be provided in other formats or languages by phoning:
01225 831403**

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Sirona care & health C.I.C is a Community Interest Company registered in England and Wales with company number 07585003. Our Registered office is: Headquarters Building, St. Martin's Hospital, Clara Cross Lane, Bath, BA2 5RP. We are publicly funded through the NHS and local authorities and are a not-for-profit social enterprise.

Health Visiting



**Information about your Health
Visiting Team Bristol and
South Gloucestershire**

When Will I See a Health Visitor?

While You Are Pregnant

Your health visitor will arrange to visit you at home before your baby is born, usually around 28 to 34 weeks.

This is a good opportunity to get to know you and your family and what support you will need once your baby is born. We will also help make you aware of what other services are available to you.

The Early Weeks After Birth

Your health visitor will arrange to visit you at home before your baby is 14 days old.

Your health visitor will speak to you again at around 2 months to see how things are going.



9-12 Months

Before your baby is a year old, a member of the team will arrange to meet you to discuss your baby's health and development, and review the support that you might need.

This maybe at your home, or at a community setting like a health centre or children's centre.



Your health visiting team can provide advice and support with:

- How you are feeling
- Healthy eating and breastfeeding
- Developing routines and boundaries for your children
- Developing good relationships and enjoying your child/children
- Child health and development
- Immunisations, safety and reducing accidents
- Minor illness
- Healthy lifestyles



Child Health Clinics

All health visiting teams run drop in clinics. You can attend these at any time:-

- To ask questions you may have about your child's health, development or behaviour
- To have your child weighed



Between 2 and 2.5 Years

A member of the team will arrange to meet with you and discuss your child's health and development, and review the support that you might need.

This maybe at your home, or at a community setting like a health centre or children's centre.

