



Focus On...

Who can help us? – Health Visitors

Health Visitors

A health visitor is a qualified nurse or midwife. They can visit a family at home, a child health clinic or at the GP surgery. The service is available to any family with children aged 0-5 years. Every GP practice has a named link health visitor for information and advice about the service or consultation regarding any child or family.

Health visitors can support with:

- Infant feeding and breastfeeding advice
- Child development
- Immunisations
- Healthy weight and physical activity
- Emotional health and wellbeing
- Parenting and local support groups
- Behaviour
- Sleep
- Health visitors support parents make healthy choices for themselves and their family.

They can also signpost to guidance on: Safeguarding children, Access to education and employment, Smoking, drug and alcohol misuse, Access to housing, Sexual and contraceptive advice.

The Health Visitor will use the Red Book. This is given to parents at birth and provides details about immunisation, developmental assessments and general information about children's health. The health visitor will ensure the standard following contacts as listed below. Where there are concerns then additional contacts with the family will be made:

- Antenatal contact (between 30- and 36-weeks gestation)
- New birth visit (before baby is 14 days old)
- 6 to 8 weeks (when baby is 6 to 8 weeks old)
- The 8 to 12 month development review and the 2 to 2.5yr development review – The early years provider should be asked to contribute to the 2 to 2.5yr review.

Health visitors work with a wide variety of professionals and are there to also support you as childcare practitioners. As multi agency partners we are all obliged to support each other to provide the best outcomes for the children we care for. With consent from parents, you can contact the child's health visitor for support and advice. Parents should know who their health visitor is and if not the GP practice where they are registered will be able to help. In addition, there is always a duty health visitor available on: 0300 247 0040.

Emergency situations telephone 999 and non-emergencies NHS 111

[birth to five 2022 version complete text.pdf \(hscni.net\)](#)

[Working Together to Safeguard Children 2018 \(publishing.service.gov.uk\)](#)

