

Health Visiting

The Health Visiting service is part of Bradford District Care NHS Foundation Trust's Public Health Nursing Children's Service. It is broken into small teams that work across the district.

Each team includes:

- Health visitors (Specialist Community Public Health Nurses)
- Staff nurses
- Community nursery nurses

Each of the health visiting teams works closely with the local family hubs to support children and families in their area. They provide comprehensive healthcare to all children aged 0-5 and their families.

You can contact the Health Visiting service on **01274 221223**.

All parents/carers and their children will see the service face-to-face at six key contacts:

Antenatal contact (after 28 weeks of pregnancy):

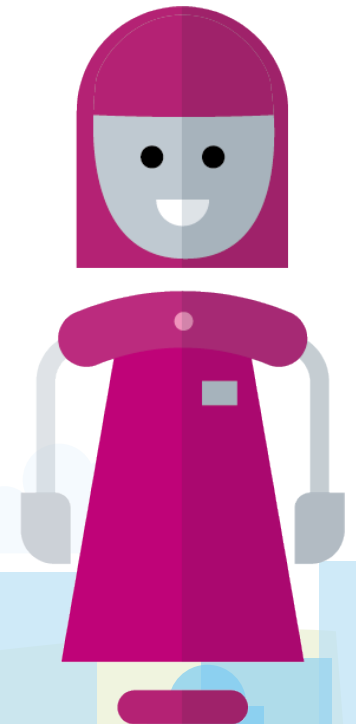
The Health Visitor will complete a full assessment of the family's needs, with a focus on health and emotional wellbeing, preparation for parenthood, and the parent-infant relationship. This is also an opportunity to share key health messages with parents.

New birth visit (10-14 days after the birth of the baby):

The Health Visitor will assess how things are going for the family and will offer support for health and emotional wellbeing and the parent-infant relationship. They will also assess the baby, including a top-to-toe observation, weighing and taking measurements. The Health Visitor can offer support on a range of issues including feeding, child development and key health messages.

Postnatal review (when the baby is 6-8 weeks old):

This includes a health and emotional wellbeing assessment for parents/carers and their baby, and it is a chance to get support for any concerns. The baby can also be weighed and measured.



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3-4-month contact (when the baby is 3-4 months old):

This contact will focus on the emotional wellbeing of the mother and is an opportunity to discuss their baby's health and development. It also a chance to share key health advice such as when to introduce solid foods.

12 month review (offered between 9 and 12 months old):

This contact is an opportunity to assess the baby's growth and development. The team will also give support with physical health and emotional wellbeing concerns and share important health messages.

2 year review (before the child reaches 2 years and 6 months):

This is a key developmental assessment of the child. A questionnaire to understand the child's development will be sent to parents/carers before the visit and will be discussed during the assessment.

Well-baby clinics

There are a number of well-baby clinics run by the Health Visiting service across the district, where parents can get their babies weighed and get support from the team.

If families need additional support, the service can offer short-term specialist help with issues such as infant feeding, maternal mental health, and child development.

If families are being supported by other agencies, the team may be involved in supporting them as part of a coordinated plan that brings multiple service together, such as a child protection plan or early help plan.

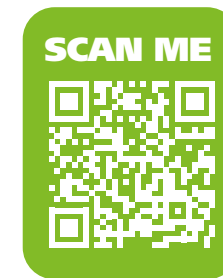
The health visiting teams also work closely with our Special Educational Needs and Disabilities (SEND) and vulnerable children's teams to support those children and families with additional needs

MECSH - The Maternal Early Childhood Sustained Home-visiting programme

The Health Visiting service is introducing the MECSH programme across the district for families who need more support. This programme offers additional home visits from a trained Health Visitor starting from birth through to 2 years. The Health Visitor will help support families, share information, and give practical help on topics, as well as link families to other professionals and services in the community.

Infant to School programme

To help make sure little ones are as prepared as they can be to start their school journey, the Health Visiting and School Nursing teams will also be working together to deliver the new Infant to School programme.



Visit our Better Lives, Healthy Futures website for more information and health advice.

