



# An overview of the health visiting role

"The focus of health visiting, an advanced and specialist public health nursing service, is the whole population of children in the foundation years (pregnancy to age five) that precede and include access to early education and childcare. In particular, health visitors engage on a universal basis with the families of all children in the first '1001 critical days' from conception to age two. This is described as the 'age of opportunity' when the impact of social and other adversity can become biologically embedded in brain development, as manifested in social, emotional, cognitive and physical developmental outcomes."

INSTITUTE OF HEALTH VISITING

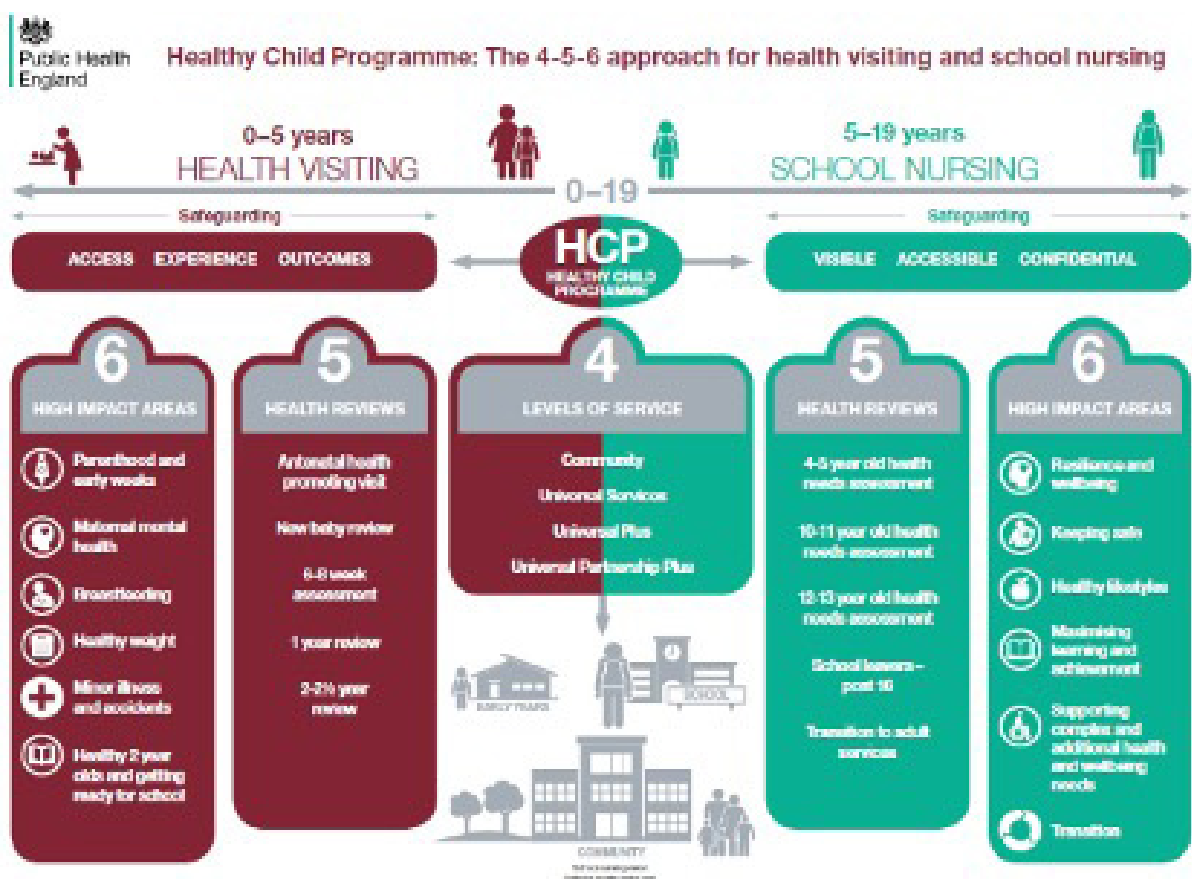




# SO, WHO ARE HEALTH VISITORS, AND WHAT DO THEY DO?

Health Visitors are qualified nurses and / or midwives who have undertaken extra training to become Specialist Community Public Health Practitioners. They are part of the 0-19 services across the country, who works towards Public Health England’s **4-5-6 model** of the Healthy Child Programme. They have expertise and experience in child development and family health and have knowledge about current adult and child health promotion and education.

All pre-school children have a Health Visitor. Nursery Nurses/Public Health Associates also work within the Health Visiting Team to support children and families and help them reach their full potential. The health visiting team work in partnership with families and other agencies such as GP’s, Nurseries, Hospitals, Dentists, Physiotherapists, Speech and Language Therapists and Dieticians to understand and address family’s health needs.



The 4-5-6 approach outlines the different aspects that a Health Visitor covers.

## THE 4 LEVELS OF SERVICE ARE:

### COMMUNITY

Outlines work with other agencies to signpost and deliver a range of services in your area to enable a child to fulfil their potential.

### UNIVERSAL

A nationally defined programme of interventions that will be delivered to all.

### UNIVERSAL PLUS

More intense programme of interventions that are delivered by the Health Visiting team based on the needs of the individual.

### UNIVERSAL PARTNERSHIP PLUS

More intense programme of interventions that are delivered by a multidisciplinary group of professionals or agencies based on the needs of the individual.



## THE 5 HEALTH REVIEWS ARE:

### Antenatal review for prospective mother and father by health visitor, to include:

- Getting to know who your Health Visitor is and how they can support parents through their parenting journey
- Promotion of health and wellbeing for the parent e.g.: smoking, diet and physical activity, dental health, vitamins
- Health promotion for baby e.g.: Breastfeeding, immunisations
- Focus on emotional preparation for birth
- Carer–infant relationship
- Preparation for parenthood
- Parenting and attachment
- Identify those in need of further support during the postnatal period
- Assessing maternal mental health
- Promoting child development including speech, language and communication
- Signpost to sources of information on infant development and parenting
- The Healthy Child Programme and Healthy Start
- Provide information in line with Department of Health guidance on reducing the risk of Sudden Infant Death Syndrome (SIDS)
- Safeguarding - Be alert to risk factors
- Domestic abuse assessed and information about sources of support for domestic violence provided

### New baby review between 10 and 14 days with mother and father by health visitor, to include:

- Promotion of health and wellbeing for the parent e.g.: smoking, diet and physical activity, dental health, vitamins
- Health promotion for baby e.g.: Vitamins, immunisations
- Infant feeding support using the Baby Friendly Initiative or a similar evidence-based best practice programme to promote breastfeeding or support formula feeding if required
- Promoting sensitive parenting
- Promoting child development including speech, language and communication
- Assessing maternal mental health
- Safe sleep assessment completed and promoting the prevention of Sudden Infant Death Syndrome (SIDS)
- Discussing, advising and raising awareness of keeping safe and accident prevention in the home and car environment
- Safeguarding - Be alert to risk factors and signs and symptoms of child abuse
- Growth monitoring involving accurate measurements, interpretation and explanation
- Maintaining infant health – practical guidance
- Parenting support
- Parenting relationships
- Domestic abuse assessed and information about sources of support for domestic violence provided
- Provide an opportunity for the father, as well as the mother, to talk about pregnancy and birth experiences

## THE 5 HEALTH REVIEWS ARE (CONT):

### Six to eight week review with mother and father by health visitor, to include:

- Infant feeding support using the Baby Friendly Initiative or a similar evidence-based best practice programme to promote breastfeeding or support formula feeding if required
- Assessing Maternal mental health, following up with listening visits if required
- Promoting child development including speech, language and communication
- Immunisation support
- Growth monitoring involving accurate measurements, interpretation and explanation.
- Maintaining infant health – Practical guidance
- Discussing, advising and raising awareness of keeping safe and accident prevention in the home and car environment.
- Discussion around introduction of solids at 6 months
- Safeguarding - Be alert to risk factors and signs and symptoms of child abuse
- Domestic Abuse assessed and information about sources of support for domestic violence provided.

### Health review by one year with mother and/or father by health care professional within the health visiting team, to include:

- Assessment of the baby's physical, emotional and social needs in the context of their family, including predictive risk factors
- Opportunity for parents to talk about any concerns they may have
- Parental support
- Growth monitoring involving accurate measurements, interpretation and explanation
- Health promotion for baby e.g.: Vitamins, immunisations, raise awareness of dental health and prevention, healthy eating and nutrition, injury and accident prevention relating to mobility, safety in cars and skin cancer prevention
- Promoting infant health – practical guidance

- Promote speech, language and communication development through book sharing and group activities
- Promoting child development
- Safeguarding - Be alert to risk factors and signs and symptoms of child abuse
- Domestic Abuse assessed and information about sources of support for domestic violence provided

### Health review between two and two-and-a-half year olds with mother and/or father by health care professional within the health visiting team, to include:

- Assessment of the Child's physical, emotional and social needs in the context of their family, including predictive risk factors
- Respond to any concerns expressed by the parents regarding physical health, growth, development, hearing and vision
- Promote speech, language and communication development through book sharing and group activities
- Discuss Behaviour management and provide an opportunity to share concerns.
- Offer parents information on what to do if worried about their child
- Health promotion for child e.g.: Vitamins, immunisations, raise awareness of dental health and prevention, injury and accident prevention relating to mobility, safety in cars, healthy eating and nutrition, physical activity and skin cancer prevention.
- Provide encouragement and support to take up early year's education
- Discuss Sleep management and toilet training if required
- Signpost to additional sources of parenting advice
- Safeguarding - Be alert to risk factors and signs and symptoms of child abuse
- Domestic Abuse assessed and information about sources of support for domestic violence provided
- Growth monitoring involving accurate measurements, interpretation and explanation



# THE 6 HIGH IMPACT AREAS ARE:

## TRANSITION TO PARENTHOOD AND THE EARLY WEEKS

**MATERNAL MENTAL HEALTH** (Prenatal and Postnatal Depression)

**BREASTFEEDING** (Initiation and Duration)

**HEALTHY WEIGHT, HEALTHY NUTRITION** (to include physical Activity)

**MANAGING MINOR ILLNESS AND REDUCING ACCIDENTS** (Reducing Hospital Attendance/Admissions)

**HEALTH, WELLBEING AND DEVELOPMENT OF THE CHILD**  
**AGE 2** – Two year old review (integrated review) and support to be 'ready for school'

For more information on the Healthy Child Programme, it is available to view here: [www.gov.uk/government/publications/healthy-child-programme-0-to-19-health-visitor-and-school-nurse-commissioning](http://www.gov.uk/government/publications/healthy-child-programme-0-to-19-health-visitor-and-school-nurse-commissioning)

Health Visitors are here to work in partnership and support other professionals. If you feel you would like support or advice with a child within your early years setting, they will welcome contact from you and to work in collaboration with you and the family.

You can contact your local Health Visiting service Monday to Friday between 9am and 5pm excluding bank holidays. Please use the contact numbers as follows:

## WOLVERHAMPTON

Call 01902 444 161

## SANDWELL

Contact the **Health Visitor Contact Centre 0121 612 5021** (Our message taking service) who will take your call and then send a task to the appropriate team. The duty HV for the team will then respond to the task and allocate accordingly to Health Visitor or Community Nursery Nurse.

**Smethwick** - Smethwick and Soho, Victoria Ward

**Warley** - Old Warley and Abbey

**Lyng** - West Bromwich Central, Greets Green and Lyng

**Oldbury** - Oldbury and Bristnall

**Tipton** - Great Bridge, Princess End and Tipton Green

**Whiteheath** - Tividale and Langley

**Yew Tree** - Great Barr, Yew Tree, Charlemont with Grove Vale and Newton

**Hateley Heath** - Hateley Heath, Wednesbury South and Wednesbury North Ward

**Friar Park**

**Mace Street** - Cradley Heath, Old Hill, Blackheath and Rowley





## WALSALL

**Single Point of Access Duty Team Health Visitors** based at Willenhall Health Centre.

Email: [healthvisiting.spa@nhs.net](mailto:healthvisiting.spa@nhs.net)

**Single Point of Access Admin Hub** based at Willenhall Health Centre, Field St, Willenhall, WV13 2NZ. TEAM EMAIL: [HCP0-5.AdminHub@walsallhealthcare.nhs.uk](mailto:HCP0-5.AdminHub@walsallhealthcare.nhs.uk)

**East Team** - Park View Health Centre, Chester Road North, Brownhills, WS8 7JB.

Email: [healthvisiting.eastcluster@nhs.net](mailto:healthvisiting.eastcluster@nhs.net)

**North Team**- Beechdale HC, Edison Road, Beechdale, Walsall, WS2 7EZ.

Email: [beechdale.healthvisiting@nhs.net](mailto:beechdale.healthvisiting@nhs.net)

**South Team** - Brace St Health Centre, 63 Brace St, Walsall, WS1 3PS.

Email: [bracest.healthvisiting@nhs.net](mailto:bracest.healthvisiting@nhs.net)

**West Team** - Darlaston Health Centre, Pinfold Street, Darlaston, WS10 8SY. TEAM

EMAIL: [darlaston.healthvisiting@nhs.net](mailto:darlaston.healthvisiting@nhs.net)

**Infant Feeding Team** - based at Bentley HC, Churchill Road, Bentley, Walsall, WS2 0AW.

TEAM EMAIL: [HVteam.infantfeeding@walsallhealthcare.nhs.uk](mailto:HVteam.infantfeeding@walsallhealthcare.nhs.uk)

**Health in Pregnancy Team** - Based at Harden HC, Harden Road, Walsall, WS3 1ET

## DUDLEY

**Halesowen** 01384 367014

**Brierley Hill** 01384 321 489

**Stourbridge** 01384 323 186

**Dudley Central** 01384 366 222

**Dudley North** 01902 575 917

