

What happens next?

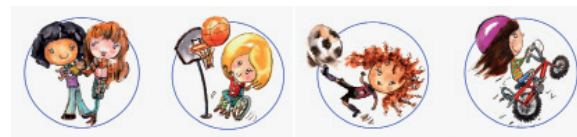
After the first year, planned contacts are made if they are needed. You can however contact the health visitor by telephone with any questions or health concerns. You will be issued with a Personal Child Health Record (known as the Red Book) where information can be stored for future reference. The majority of these contacts will be by appointment at your local health centre or surgery.

A routine two year assessment will be offered to you.

Your health visitors can help you and your family with:

- Immunisations and vaccinations
- Childcare
- Advice on minor ailments and infectious disease
- Antenatal classes
- Nutrition for all the family
- Breast feeding support
- Formula feeding
- Feeding difficulties
- Parenting
- Benefit entitlements
- Emotional wellbeing
- Post-natal depression
- Health promotion
- Smoking cessation
- Behavioural difficulties
- Domestic violence
- Local support groups
- Safeguarding Children (Child protection)
- Child health surveillance
- Sleep difficulties
- Returning to work
- Baby massage
- Child development
- Children with special needs
- Drug misuse
- Family planning
- Housing
- Stress
- Isolation

If your health visitor can't help - they usually know someone who can.



**Leicestershire County and Rutland
Community Health Services**

Your health visitor team

Here to help you, your child and your family



If you would like this information in another language or format, please contact the Patient Information Officer on 0116 295 0903

Visit our website: www.lcrchs.nhs.uk

Leicestershire County and Rutland Community Health Services is responsible for providing NHS services in the Leicestershire and Rutland area and is part of Leicestershire County and Rutland Primary Care Trust

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What is a health visitor?

A health visitor is a qualified, registered nurse or midwife who has undertaken further (post registration) training. They are registered public health nurses who work as a member of the primary healthcare team.

The role of the health visitor is about the promotion of health and the prevention of illness in all age groups.

Healthy lifestyle - health visitors try to encourage people to be, and remain, as healthy as they can be. Preventative healthcare is high on their agenda, such as the promotion of healthy lifestyles and immunisation programmes.

Early detection of ill health, abnormalities and unhealthy lifestyles - the health visitor can identify issues, provide advice and recommend strategies to improve health in the long and short term.

Healthy population - health visitors are concerned with the health of the whole community. At certain points in life members of the population need support and information to help them to stay as healthy as possible. This is why health visitors offer support to women and families following the birth of children.

Health visitors work together with their clients to decide what services and/or support is needed and required, what is appropriate and for how long.

Immunisations - the health visitor will fully explain immunisations available to your child. Immunisation appointments are sent to your home through a computerised system.

Information - health visitors are very knowledgeable about local agencies, services, support groups and self-help groups and can provide you with the information you need.

How can I get in touch with my health visitors?

In Leicestershire County and Rutland, health visitors are based in a variety of settings including hospitals, health centres or doctors' surgeries. You will find contact details on pages xx and xx of this leaflet. You can telephone your health visitor team Monday to Friday. Health visitors run clinic sessions where you can discuss any concerns or ask for information or advice face to face. They work closely with staff from different agencies including GP surgeries and Children's Centres.

When will I see the health visitor?

Every woman is offered contact with a health visitor after the birth of each baby. This contact is usually at home and is around the time the midwife's role ends.

A member of the health visitor team will contact you, often by phone to make an appointment to come and see you at home. This is usually between the 11th and 15th day after the birth of your baby.

What happens at the first visit?

This first contact is an information gathering session where the health visitor identifies the health needs of mother, baby and possibly other members of the family. The health visitor can then offer advice and support on a variety of family health related issues and plan future contacts.

Healthy Child Programme

Health visitor teams will offer you a schedule of meetings or contacts. Many of these are within the first year of your child's life, enabling the team to offer regular, timely advice on topics such as childcare, nutrition, immunisations, child development, behaviour management, care of minor ailments, home safety and child safety.

At these contacts the child's growth and developmental progress can be monitored. Some families are offered a more targeted programme which could include groups at the Children's Centre.