The Health Visiting Team are here to support you and your family up until your child starts their primary education. This e-pack contains links to the most up-to-date research based information to inform and guide you in caring for your young family.

Health Visiting Service

We are registered nurses or midwives who have additional training in community Public Health Nursing. In our wider team we have Assistant Practitioners who work alongside the Health Visitors. We deliver the Healthy Child Programme to every family across the UK and aim to see every family during pregnancy, shortly after birth, 6-8 weeks post birth, at 9-12 months and then between 2—2.5 years of age. This could be at your home or in a clinic setting. Additional support and visiting can be provided if needed; this will be agreed in partnership with you.

At times, our service provision may change according to local need or staff availability.

Please follow the link below for simple, helpful factsheets:

Top tips and factsheets

Each child will receive their own personal child health record (red book) by the midwifery team.
Postnatal depression is a type of depression that many parents experience after having a baby. It's a common problem, affecting more than 1 in 10 women within a year of giving birth. It also affects fathers and partners.

It's important to seek help as soon as possible if you think you might be depressed, as your symptoms could last months or get worse and have a significant impact on you, your baby and your family. You can talk to your midwife, your Health Visitor or GP about support in your area. With the right support, which can include self-help strategies, therapy and medication, most people make a full recovery.

For more information, click on the links below:

NHS—Postnatal Depression
PANDAS Foundation—Information
Safe Sleep

Following safe sleep advice helps to reduce the risk of Sudden Infant Death Syndrome, or Cot Death.

For the most up to date information on how to reduce the risk, click on the links below:

Safer Sleep Advice
Caring for your Baby at Night

Helping Your Baby Sleep

For information and tips and helping your baby to sleep and establishing bedtime routines please follow the links below.

Getting Baby To Sleep
Feeding

For more information, click on the links below:

**Breastfeeding**

[Breastfeeding](#)

**Off to the Best Start**

[Study or Going Back to Work](#)

**Bottle Feeding**

[Guide to Bottle Feeding](#)

**Responsive Bottle Feeding**

[Infant Formula and Responsive Bottle Feeding](#)

**Infant Formula information**

[Infant Milk—A Simple Guide](#)

**Introducing Solids**

[Weaning](#)

[Introducing Solids](#)
Vitamins

For information on vitamins and supplements for your baby please follow the link below:

**Vitamins for Children**

If you are under 18, or on benefits, you may be entitled to Healthy Start vitamin drops and food vouchers. Find more information at

**Healthy Start**

Once you have received your vouchers for vitamins please contact your health visitor to place an order for you.

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Dental Care

For toothbrushing tips and information please follow the link below

**Looking after your babies teeth**
You will receive a letter to arrange your child’s immunisations—it is therefore essential for you to register your baby with your GP surgery ASAP.

It is usual for babies to receive their first immunisations at approximately 8 weeks old. Below you will find a link which will take you to information on when your baby will be offered immunisations and which immunisations will be given.

For more information, click on the links below:

**Childhood Vaccines Timeline**

**Immunisations up to 1 Year**

If you are unsure or have any questions regarding immunising your child please speak to your Health Visitor. The link below offers some insight into the importance of vaccination and dispels some commonly believed myths that may affect your decision.

For more information, click on the link below:

**Why Vaccination is Safe and Important**
Domestic Abuse

Below you will find information on recognising domestic abuse, how to keep children safe and how to help yourself or others should you ever be worried or concerned. Never be afraid to speak out - your Health Visitor will listen, support and coordinate a multi-professional response to keep you safe.

For more information, please click on the links below:

Somerset Domestic Abuse Services
women’s aid
NSPCC—Domestic Abuse
Getting Help
**Contraception**

Please discuss this with your GP at your 6-8 week appointment and remember breastfeeding is not a guaranteed contraceptive.

[Contraception After Baby](#)
[Family Planning Association](#)

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**Postnatal Exercise**

Having a baby changes your body. Some things may never be quite the same again, but other changes don't need to be permanent. The link below will provide you with information on postnatal exercise including problems you may have after birth, abdominal and pelvic floor exercises.

[Your Post Pregnancy Body](#)
Encouraging Development

Tummy Time can be started from birth and is essential for healthy development of your baby’s stomach muscles to help them to learn to sit and crawl.

For more information, please click on the links below:

- Tummy Time
- Keeping Kids Active
- Baby Moves

For more ideas on encouraging your child’s development with activities for ages 0-5 please visit:

- Hungry Little Minds
- Integrated Therapies Advice Sheets

Car Seat and Home Child Safety

For more information, please click on the links below:

- Car Safety
- Child Car Seats: The Rules
- Child Car Seat and Child Car Safety
- Child Accident Prevention
Toilet Training

How to Potty Train

ERIC Resources

Behaviour

There are lots of possible reasons for difficult behaviour in toddlers and young children. Please follow the link below for further information:

Dealing with child behaviours

Growth Monitoring

Your local health visiting team will weigh and measure your baby at your new birth and 6 week visit. If your baby requires more frequent monitoring this will be arranged in partnership with you. You will be invited by your health visiting team to your local well baby clinics where you will be able to weigh your baby outside of arranged contacts.

See the link below for advice on how often to weigh your baby.

Your babies Weight and Height