

## **Child and Family Services – Health Visiting Jersey**

### **Who are we?**

Your Health Visitor is a Specialist Community Public Health Nurse who supports the health and wellbeing of your whole family from antenatal visits until your child goes to school, to ensure that your child is developmentally, emotionally and socially ready for school entry and has the best start possible in life. During your child's development reviews, your Health Visitor will ask you how your child is doing and about any concerns you may have. The service is delivered through the Healthy Child Programme.

### **About us:**

Our Health Visiting team includes Health Visitors and Community Nursery Nurses. Our Health Visitors are Registered Nurses or Midwives who have a specialised qualification in the care and development of children ages 0 – 5. They work within local communities to promote and improve health and reduce health inequalities. Community Nursery Nurses support the Health Visitor in delivering this service.

The Health Visiting team work in accordance with the Healthy Child Programme which is a national programme aimed at promoting optimal health and well-being for all children.

### **What we do:**

Health visitors provide a free, accessible universal offer that monitors, identifies and provides extra support when required delivered through an enhanced service. This would include the intensive health visitor home visiting programme – MECSH, and or specific programmes of intervention. The offer includes universal, universal plus (UP) and universal partnership plus (UPP) levels of service as described below.

### **The Universal health visiting standard offer is:**

#### **Antenatal contact:**

As well as your appointments with your Midwife a Health Visitor will contact you in your pregnancy between 28-38 weeks and will usually visit you at home. Your Health Visitor will discuss some of the following information with you:

- Introduce Health Visiting service
- Bonding with your baby
- Your babies brain development
- Mental health and your feelings/emotions
- Feeding your baby
- Preparing for the arrival of your baby
- nutrition
- Your physical health
- Healthy relationships
- Promotion of the routine immunisation programme
- Preparing for parenthood- your midwife may have highlighted Baby Steps to you already which is FNHC perinatal parent education programme

**New birth visit:**

When your baby is between 10 and 14 days old your Health Visitor will visit you at home.

This contact will include:

- Discussion about your labour and birth
- Advice and support with feeding your baby
- Coping with a new baby
- Safety and your baby to include reducing the risk of sudden infant death syndrome
- Mental health and your feelings/emotions
- Observation of baby to include weight
- Your babies brain development
- The Routine Childhood Immunisation programme

**Six to eight week review:**

This review check will discuss:

- Parenting support to include crying, sleeping, feeding and safety
- Observation of baby weight
  
- The Routine Childhood Immunisation programme
  
- Information on local services
- Your feelings and emotions, including adjusting to parenthood

**One year review**

This visit may take place in your home, or in a local clinic or child and family centre and focuses on the assessment of your baby's development. It provides an opportunity to discuss how to respond to your baby's needs and to look at

- Keeping safe
- Health promotion which is linked to next stages of development.
- Responding to the physical, social and emotional needs of your baby
- Infant diet and nutrition ,
- Dental health
- As part of the visit, the health visitor may weigh and measure your child
- Routine childhood Immunisation Programme
- Information regarding local services and support including child care and groups and the local nursery offer.

**Two year review:**

You will be given a questionnaire to complete to help assess your child's development prior to the review. The review will include:

- Discussions in regards to any concerns you may have with your child
- Review of your child's health and development
- Review and promotion of your child's language development
- Guidance on responding to behavioural, social and emotional needs
- Advice on healthy eating and physical activity
- Promotion of immunisations

- Advice and support with dental care accident prevention, sleeping and potty training.
- Information on early years education
- Information on local services and support

We will also request that your child will be weighed and measured.

### **The Universal Plus health visiting service:**

The health visiting team can provide additional support with:

- Becoming a parent and getting to know your baby;
- Breastfeeding
- Postnatal depression, feeling low or anxious, and other mental health difficulties that some mothers (and fathers) experience during pregnancy and after the baby has been born
- Concerns that your child is not developing as expected
- Behaviour management such as sleeping difficulties, potty training and fussy eating
- Maintaining a healthy weight and healthy eating
- Staying safe and reducing accidents
- Managing minor illnesses
- Support for parents of children with a diagnosed health condition or disability
- Getting ready for nursery/school

### **The Universal Partnership Plus health visiting service:**

The Universal Partnership Plus service is provided to families and children that require coordinated support from a number of different organisations. This may be needed when a child or parent has a disability or health needs, for example. This level of support is aimed at enabling your child and the family to access the right help and at the right time. We will work in partnership with you to develop an individual plan of support based upon your needs.

### **Where we do it:**

The team offer home visits, Child Health Clinics and groups across the island

### **How to access us:**

Health Visiting is a universal service offered to all families with children 0- school entry at which point FNHC School Nurses offer the school age healthy child programme

### **Contact details:**

The Health Visiting team in your local area are happy to answer any queries or concerns you may have. To contact any of our teams then please contact them directly as identified in your child's red book (PHCR) or at FNHC reception on 443600. Alternatively there is an FNHC enquiries email:

Enquiries@fnhc.org.je