



Central and
North West London
NHS Foundation Trust

Harrow Health Visiting Service



Wellbeing for life

What is the Health Visiting Service for?

This service is for children from birth to 5 years of age whose families are residents of Harrow.

What is the Health Visiting Service?

We are a specialist team providing expert advice, support and interventions to families with children in their first years of life, and help empower parents to make decisions that affect their family's future health and wellbeing.

The service is led by health visitors and supported by nursery nurses and administrative staff.

We work closely with children's centres, social care and other healthcare professionals as well as your general practitioner (GP).



Health visitors

Health visitors are qualified nurses or midwives with specialist training in child development and public health, and they lead the national healthy child programme.

Our role is to assess your health needs in partnership with you. We will plan and provide services which support you and your wider family as required.

Nursery nurses

Nursery nurses are qualified in child care and development. They work with families and children either on an individual basis or in groups. Nursery nurses are skilled in areas such as sleep management, behaviour management, play and advice on your child's eating.

What do we do?

We can offer you and your family support before your baby arrives, in the early weeks following birth and as your child grows. We will work alongside you and your family with any parenting issues and guide you to find local services and groups that can also support you as a parent.

What we offer families

- Some parents will be offered an antenatal contact between weeks 28 and 32 of pregnancy and we work closely with children's centres
- A visit to your home between 10 to 14 days after the birth of your baby
- A contact review and support for your health and wellbeing four to eight weeks after the birth of your baby
- Health reviews for your child between eight months and one year, and when your child is between two years and two and- a-half-years old
- Contact when you move to the borough
- Child health clinics which are a chance for you to get support and information about your family's health and wellbeing.

We offer advice and support on:

- General health
- Your child's development
- Healthy feeding and eating
- Immunisations
- Common illnesses
- Safety and accident prevention
- Speech and language development
- Coping with postnatal depression and infant mental health difficulties.

We work alongside families to safeguard children. We can provide support for your child if they have a disability.

Please contact us if you are worried about:

- Your own ability to cope due to stress or ill health
- Other family problems affecting your children.

How often should my baby be weighed?

After the early days, as long as your baby is healthy, he or she only needs to be weighed at the time of routine checks and immunisations.

The Department of Health (2009) recommends your baby is weighed as follows, unless otherwise advised by your GP or health visitor:

When to weigh your baby (age)	Where to go
At 6-8 weeks (including head circumference measurement)	Your 6-8week check with your GP – book directly with your GP surgery
At 12 weeks	Child health clinic
At 16 weeks	Child health clinic
Between 8 – 10 months	Child health clinic
1 year – Routine 1 year growth check	Child health clinic
2 years – Routine second year health review	Child health clinic

Reference: Using the new UK-World Health Organisation 0-4 years growth charts, DoH (2009)

Some parents like to have their babies weighed more often than this. However this is not always helpful, and can cause unnecessary worry. The time between weighing is longer for older babies because they grow less quickly. Your health visitor may suggest that your child is weighed more often if there are concerns about their health or growth.

You can find out more about monitoring your child's growth from the Royal College of Paediatrics and Child Health's website www.rcpch.ac.uk/resources/growth-charts

The importance of tummy time!

Babies lie on their backs, play on their fronts and sit up to view the world. Lying your baby on his/her tummy for a short time from a young age each day helps them to gain confidence in this position, and strengthen the core muscles, helping with crawling, lifting their head and supporting the body using their arms

Make sure that your baby is in a safe place, not a raised or cushioned surface or unattended.

If your baby is unhappy lying on their tummy, reduce tummy time, but increase the frequency. Try lying your baby across your lap.

Remember, babies must sleep on their backs, 'feet to foot position' in the cot/crib.

Vitamin D supplementation

Everyone needs vitamin D but there is special guidance for pregnant women, new mothers, babies and young children.

The main source of vitamin D is from sunlight on the skin, but we don't have enough sunlight in the UK to make sufficient vitamin D. We also get some vitamin D from our diet but unlike other vitamins, it is difficult to get enough vitamin D even from a healthy balanced diet.

A lack of vitamin D, known as vitamin D deficiency, can cause bones to become soft and weak, which can lead to bone deformities such as Rickets in children.

Supplement recommendations from the Department of Health:

Pregnant women

Pregnant women should take a daily vitamin D supplement in order to meet their own requirements and also to provide their baby with adequate stores. New mothers are advised to continue to take vitamin D whilst breastfeeding.

Babies

As a precaution breastfed babies from birth to one year of age should be given a daily supplement of vitamin D. Breast milk is the normal food for babies, but it is likely, just like the rest of the UK population, that your baby will need a vitamin D supplement.

Babies who are formula fed do not require a vitamin D supplement if they are drinking at least 500ml (a pint) per day, as infant formula already has added vitamin D.

Children

Children aged 1 to 4 years old should be given a daily supplement of vitamin D.

Vitamins for babies

There are a variety of vitamin drops available for babies. Choose one that is appropriate for the age of your baby and follow the instructions carefully. Only give the dose that is stated on the product, appropriate for the age of your baby.

Do not give your baby more than one vitamin supplement. Vitamin drops for babies also contain Vitamin A and C which are also needed for healthy growth and development.

You can ask your midwife, health visitor or pharmacist for help to choose a suitable product.

Families on low incomes may be entitled to free Healthy Start vitamin supplements. Ask your midwife or health visitor for an application form or visit www.healthystart.nhs.uk

Child health clinics

Child health clinics offer you the chance to talk about your child's growth and development, and to seek support and advice on parenting, and your own health and wellbeing. You can find information about child health clinics below. You do not need appointments for these drop-in clinics. When visiting a clinic, please remember to bring your child's red book with you and a clean nappy. You will need to take your used nappies home for disposal as we do not have these facilities at the clinic.

* Please note that onsite parking is not available at all clinics and children's centres. For more information, please call ahead.

Eight month and two year health reviews are available Monday to Friday across Harrow. Please contact your health visiting team for more information. Health visitors work closely with the staff and parents at your local children's centre to provide local services.



Data protection

Everyone working for the NHS has a legal duty to maintain the highest level of confidentiality. As a healthcare provider we need to collect information about you; we will store this securely. If you want to find out more about how we use your health care records please see our leaflet 'Your Information' or visit our website www.cnwl.nhs.uk and review the page called 'Your health records'.

Tell us, we're listening

Our staff want to know how they are doing. To send us general feedback, make a compliment or a complaint email our Patient Feedback and Complaints Service on feedback.cnwl@nhs.net or call 03000 134799.

How to contact us

If you would like to get in touch with the Health Visiting Service, please email us on cnw-tr.harrowhealthvisiting@nhs.net This is not an emergency service. If your baby is unwell, please dial 111 in the first instance.



This document is also available in other languages, large print, Braille, and audio format upon request. Please email communications.cnwl@nhs.net

هذه الوثيقة متاحة أيضاً بلغات أخرى والأحرف الطباعية الكبيرة وبطريقة برايل للمكفوفين وبصيغة سمعية عند الطلب

Arabic

این مدرک همچنین بنا به درخواست به زبانهای دیگر، در چاپ درشت و در فرمت صوتی موجود است.

Farsi

এই ডকুমেন্ট অন্য ভাষায়, বড় প্রিন্ট আকারে, ব্রেল এবং অডিও টেপ আকারেও অনুরোধ পাওয়া যায়

Bengali

Dokumentigaan waxaa xitaa lagu heli karaa luqado kale, daabacad far waa-wayn, farta indhoolaha (Braille) iyo hab dhegaysi ah markii la soo codsado.

Somali

Mediante solicitação, este documento encontra-se também disponível noutras línguas, num formato de impressão maior, em Braille e em áudio.

Portuguese

நீங்கள் கேட்டுக்கொண்டால், இந்த ஆவணம் வேறு மொழிகளிலும், பெரிய எழுத்து அச்சிலும் அல்லது ஒலிநாடா வடிவிலும் அளிக்கப்படும்.

Tamil

Este documento también está disponible y puede solicitarse en otros idiomas, letra grande, braille y formato de audio.

Spanish

Dokument ten jest na życzenie udostępniany także w innych wersjach językowych, w dużym druku, w alfabecie Braille'a lub w formacie audio.

Polish

આ દસ્તાવેજ વિનંતી કરવાથી બીજી ભાષાઓ, મોટા છાપેલા અક્ષરો અથવા ઓડિઓ રચનામાં પણ મળી રહેશે.

Gujarati

Be belge istenirse, başka dillerde, iri harflerle, Braille ile (görme engelliler için) ve ses kasetinde de temin edilebilir.

Turkish