

Health Visiting Services

Waltham Forest



**Information for expectant parents and
families with children aged 0-5 years**

Health Visiting Services

Who are we?

Health visitors are qualified nurses with special training and experience in child and family health and development.

We work in teams with nurses, nursery nurses, administrative support staff, clinical support workers and student health visitors. Some of us have specialist roles.

We work in partnership with community midwives and other services including: GPs, Family Hubs and HENRY Practitioners (Health Exercise Nutrition for the Really Young) as part of the Waltham Forest Best Start in Life offer.

What do we do?

We offer a service to all families who have babies and children up to five years old, to support you with parenting, and meeting your child's health and developmental needs.

When will you meet with us?

- Antenatally between 28 and 34 weeks of pregnancy.
- At home when your baby is aged between 10 and 14 days old.
- 6-8 weeks postnatally.
- When your baby is one year old.
- When your child is two years old.

How can we help you?

We offer drop in clinics in Family Hubs where you can review your child's weight, growth and development, and speak to a member of our team about you and your child.

Your health visiting team can give helpful advice on all aspects of parenting and your child's health growth and development, including:

- Breastfeeding and healthy eating
- Managing and understanding your child's behaviours
- Immunisation advice
- Speech and language
- Staying safe
- Skin care
- Preparing for school.

We can also support you in lots of ways, including if you:

- are feeling worried
- have postnatal depression or other mental health concerns
- are in an unhappy or abusive relationship
- need help with your child who has a disability or health problems
- have concerns about drug and/or alcohol dependencies.

Family Hubs and Best Start In Life

We work with partners as part of the Best Start In Life offer, to provide support to all families with children under five years old.



How to contact us?

We have a duty Health Visitor available
Monday- Friday between 9am -5pm

Telephone: 0300 033 6200

Email: thgpcg.wf0-19spa1@nhs.net



Waltham Forest Health Visiting



**Lloyd Park
Children's Charity**

