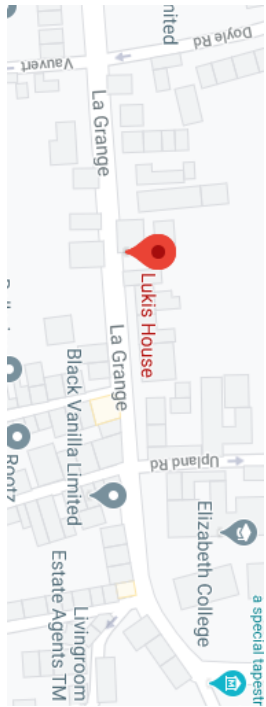


WHERE TO FIND US



For more information, please contact
The Hub on Tel No: 01481 222011,
Mon - Fri, 8:30 - 1:00 pm
Or outside of these hours,
The Health Visiting Team on:
Tel No: 01481 222011
email: Health.Visitors@gov.gg
or visit our website:

www.gov.gg/healthvisitors

Supplied by:

Health Visiting Service
Lukis House, Grange Road, St Peter Port,
Guernsey, GY1 2QG

Your Mental Health....

We care about how you feel

During the last month, have you
often been bothered by feeling
down, depressed or hopeless?

During the last month, have you
often been bothered by having little
interest or pleasure in doing things?



If **YES** or perhaps **NOT SURE**: Is this something you would like help with?

If so, please contact The Health Visiting Team at Lukis House on

Tel No: 01481 222011

Or speak to a member of staff at this clinic

States of Guernsey
Children and Family
Community Services

Introducing Solid Foods

Scan me!



Find the sources used
throughout the guide on
the below link or scan the
QR code

<https://bit.ly/3j8PunX>

Building Healthy Relationships with Food



Find further support for
children and food

<https://bit.ly/2OADxZX>



Last updated:
August 2021
HSC No: 253



States of Guernsey
Children and Family
Community Services

Introducing the HEALTH VISITING SERVICE



Advice for parents

OUR PHILOSOPHY

Promoting Health in The Whole Community

The Health Visiting Team works with
families and the community, monitoring
health and helping them choose healthy
lifestyles by providing information based
on reliable evidence

For more information please visit:

www.gov.gg/healthvisitors



ABOUT OUR SERVICE



Every family with children has a Health Visitor until their child starts primary school.

Health Visitors are qualified Nurses or Midwives with special training and experience in health improvement.

Their role is to work with you to understand any health needs you, your child or family may have and to plan and provide services which support you. We follow the Healthy Child Programme (DOH, 2011) which offers four tiers of support.

Your Health Visitor will offer support and information from pregnancy, birth and through your child's early years.

Your Midwife will issue you with your Personal Child Health Record (PCHR) commonly known as the red book.



UNIVERSAL SERVICE

- **Antenatal Contact** .
- **New Birth Visit** when your baby is 10—14 days old.
- **A 6 - 8 weeks** Home visit or appointment.
- **An Invitation** to attend a Postnatal Group at 8 weeks onwards.
- **A 4 - 5 Month invite to a group weaning session** to discuss introducing solids.
- **A 9 - 12 Month Review** of your baby's health and development.
- **A 2 - 2½Year Review** of your baby's health and development.
- **A 3½ - 4 year appointment** for your child to have weight and height measured and pre-school immunisations. At this time, the Orthoptist will also contact you separately to arrange for your child to have an eye check.



UNIVERSAL PLUS SERVICE

At times during your child's life, you may need extra support. Remember that if you want to ask something you can always phone your Health Visitor. Contact details are on the inside of your child's ' My Personal Child Health Record' (red book).

The Health Visiting Service also offers:

- Advice on child's growth and development.
- Support for children with special needs.
- Advice on common infections in childhood, common skin problems and allergies.
- Information about childhood immunisations.
- Help with behaviour, toilet training, sleep and eating issues.
- Breast feeding, weaning, healthy eating, hygiene, safety and exercise.
- Support for specific issues such as postnatal depression, bereavement and domestic abuse.
- Information about other services and groups, for example, breast feeding support, Incredible Years, Mellow Parenting, Parent & Toddlers groups.



We are able to refer to specialist services, for example:-

- Speech & Language Therapy
- Audiologists
- Orthoptists
- Paediatricians
- Dieticians