

Changes to Public Health Nursing 0-5 in Hertfordshire

We are making some changes to the way in which we deliver services, working together with our Family Support colleagues

Antenatal

'Preparing for Baby' is a local Hertfordshire, free three week online course, presented by Midwives, Family Support staff and Health Visitors. It covers everything you need to prepare for labour and parenthood. Book on to a course from week 25 of your pregnancy via Eventbrite: <https://www.eventbrite.co.uk/o/hct-preparing-for-baby-courses-hertfordshire-parents-20041788297>).

'Understanding Pregnancy, Labour and Birth and Understanding Your Baby are three different sessions on a free programme. Each session takes about 20 minutes and you can choose to do them all or pick the ones that are most useful to you. To book on a programme go to www.inourplace.co.uk and apply the free access code FCS20

By Appointment Health Visitor clinics

A new way of working replaces the drop in Baby and Toddler Health Clinics. Growth monitoring (weighing your baby) and health promotion is available with your Health Visiting Team at specific ages/stages. Where there are identified growth concerns these will be managed on an individual basis and according to your child's needs. Call 0300 123 7572 to book an appointment with your Health Visitor.

Self-weigh Stations

Self-weighing and health promotion is offered at key touch points, provided by the Family Support Service Self-weigh stations in Family Centres. Book a self-weigh appointment via Eventbrite. You will find the Eventbrite link to your local area on our Hertfordshire Community NHS Trust (HCT) website address below.

Health and Development reviews

From August 2020, the Health Visiting service resumed offering health and development reviews for all one year olds. From October 2020 the Health Visiting service, working in partnership with Family Support Services, will resume health and development reviews for all 2 – 2.5 year olds. You will be contacted in the near future by letter.

Health Visitor Duty line 0300 123 7572

A team of Health Visitors are on duty to answer your questions and concerns between the hours of 9-5pm, Monday to Friday (except bank holidays). Experienced Health Visitors will assess the needs of your baby/toddler/child and those of your family and by phone, virtual platforms or face to face where there is a specific need to do so. All parents have access to support with **any** feeding issues via their Health Visitor or Family support team. More complex feeding issues will be referred to our Specialist Health Visitor clinics and breast pump loan service.

For other services for you and your family please call the Family Support Service on 0300 123 7572 and you will be directed to what is available in your local area.

Ages/stages for your baby/toddlers growth monitoring - When to weigh your baby

Baby/Toddler Age	Responsible Service	Location
Birth	Midwifery	Hospital
5 & 10 Days	Midwifery	Maternity Clinic/Home
14 Days	Health Visitor Team	Home
6-8 Weeks	Health Visitor Team	By Appointment /Home
12 Weeks	Health Visitor Team	By Appointment
16 Weeks	Family Support Staff	Self-Weigh Station at Family Centres
20 Weeks	Family Support Staff	Self-Weigh Station at Family Centres
6 Months	Health Visitor Team	By Appointment
8 Months	Family Support Staff	Self-Weigh Station at Family Centres
10 Months	Health Visitor Team	Development review By Appointment
One year	Family Support Staff	Self-Weigh Station at Family Centres
18 Months if Special Educational Needs	Health Visitor Team	By Appointment
2- 2.5 years	Health Visitor Team	Development review By Appointment

Book a self-weigh appointment at your local Family Centre via Eventbrite

Call the Health Visitor Team on 0300 123 7572

You will receive a development review letter in the post