Health visitors are registered nurses
If you are worried about your child’s crying, weight, eating, walking, talking, sleep, behaviour, development or anything else, your health visitor has the specialist knowledge to answer your questions.

Contacting your Health Visiting Team
Information about where and when you can see your Health Visiting Team and how to contact them by phone is in your child’s personal health record – the red book. Details of local clinics are in your child’s red book.

Our website
For more information and for great tips on keeping the whole family healthy, active and happy:
www.bartshealth.nhs.uk/health-visiting

Your health records
To enable us to improve the quality of the care that we provide, your health records are kept by the Trust and may be used for teaching, training, audit and research. Further information on how the Trust uses your information can be found on our website at:
www.bartshealth.nhs.uk/your-visit/advice-and-support/your-health-record/

Patient Advice and Liaison Service
If you need general information or advice about Trust services, please contact the Patient Advice and Liaison Service (PALS) on 020 3594 2040 or visit www.bartshealth.nhs.uk/pals.
Alternatively please contact staff who are providing your care if you require clinical advice.

Large print and other languages
For this leaflet in large print, please ring 020 3594 2040 or 020 3594 2050.
For help interpreting this leaflet in other languages, please ring 020 8223 8934.

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Keeping your whole family healthy

Your Health Visiting Team will support you in aspects of looking after babies and children like:

- Breastfeeding, bottle feeding, weaning
- Sleep
- Behaviour
- Meeting developmental milestones
- Playing and talking
- Getting out and about
- Being active
- Looking after teeth
- Healthy eating for the family
- Potty training
- Preventing accidents
- Being a parent

Support when being a parent is hard

Health visiting is for mums, dads and carers. Sometimes being a parent or carer can be very challenging. If you’re feeling anxious or low or like you can’t really cope, your Health Visitor will be an excellent source of support.

Local knowledge

Tower Hamlets is a great place to live with babies and young children. Your Health Visiting Team can give you information to help you make the most of local facilities and special groups that provide safe and reliable play and early years activities like parks, children’s centres, farms, Idea Stores, baby groups and leisure centres.

Your safety and your child’s safety

If you have any concerns about your own safety or your child’s safety, talking to your health visitor can help you to find a safe way through the situation.

Your Health Visiting service

Health visiting is a free NHS service for everyone who has a child aged 0-5.

You will meet your health visitor when your baby is around two weeks old. Often this is when you are discharged from a midwife’s care.

The Health Visiting Service is available to you and your child until your child is five years old.

Everyone in your Health Visiting Team is specially trained and has a mixture of skills and knowledge to help you and your family.

Health visitors are registered nurses with a specialist degree in public health. In your Health Visiting Team there may also be community staff nurses, children’s nurses and nursery nurses who have specialist knowledge in child health and development.

Your Health Visiting Team can help you whatever language you speak.