

About the Health Visiting Team:

- Our Health Visiting Teams include:
- Health Visitors
- Staff Nurses
- Community Nursery Nurses
- Administration Staff

The teams are geographically based across Jersey in two teams.

Health Visitors and Community Nursery Nurses:

Health Visitors are qualified nurses or midwives with specialist training in public health for children, young people and families.

We are here to help you and your family during pregnancy, up to your child's first day at school, aged five.

Community Nursery Nurses have undertaken National Nursery Examination Board qualifications or equivalent courses in child development.

What the Health Visiting Team do:

Health Visitors and Community Nursery Nurses are here to provide support and advice, helping you feel more confident in your parenting skills and to provide the best opportunities for your children.

We can provide advice on healthy choices, such as:

- Breastfeeding
- Weaning
- Healthy eating

We work closely with parents to help promote strong family bonds and offer information to families with specific difficulties such as postnatal depression, domestic abuse or those with limited local family support.

We offer support and advice regarding:

- Your child's growth and development
- Common childhood infections and illnesses
- Immunisation
- Common skin problems
- Language development
- Early learning guidance
- Healthy eating
- Safety and accident prevention
- Behavioural difficulties including sleeping, eating, potty training, temper tantrums

Health Visitors work with a range of statutory and voluntary agencies to promote health and wellbeing of babies and children, such as the NSPCC, Women's Refuge, Brighter Futures, Children's Services.

Health Visiting and MECSH:

Our Health Visitors also support families through a scheme called MECSH (Maternal Early Childhood Sustained Home Visiting).

MECSH is a structured programme of sustained nurse home visiting for families.

The MECSH programme enables mothers to focus on their babies' learning and development in order to maximise their children's potential.

It is delivered as part of a comprehensive, integrated approach to services for young children and their families from birth to two years.

Sharing your information:

To support your care needs, we need to work in partnership with you, your GP and other health care professionals or agencies involved in your care.

This means we may need to share your current and past medical history. This is done in strictest confidence.

Please speak to us if you have any concerns about this aspect of your care.

Your contact with the Health Visiting Team:

You can expect to receive contact from us in line with the Healthy Child Programme recommended by the UK Department of Health, 2008:

- in the antenatal period before you have a baby
- 10—14 days after the birth of your baby
- six weeks after you have had your baby
- at four months to focus on introducing solid food
- a 9—12 month development assessment, and
- a two-year development assessment

We also have drop-in Child Health Clinics, breastfeeding support groups and other Nursery Nurse led support groups.

We support families when babies and children have additional health needs too.

Useful resources:

Family Nursing & Home Care:

fnhc.org.je

NHS Choices:

nhs.uk

Institute of Health Visiting:

ihv.org.uk

First Steps Nutrition:

Firststepsnutrition.org

Best Beginnings:

Bestbeginnings.org.uk

Lullaby Trust:

LullabyTrust.org.uk

Contact us:

Phone: 01534 443600

Email: enquiries@fnhc.org.je



Health Visiting Service

