

## What the service does

### Health Visiting

Health Visitors lead and co-ordinate the universal Healthy Child Programme starting in pregnancy and throughout the first five years the child's life.

The Healthy Child Programme is a public health programme for children, young people and families which focuses on early intervention and prevention. The HCP offers a programme of screening tests, immunisations, developmental reviews, information and guidance to support parenting and healthy lifestyle choices.

The Healthy Child Programme contacts include:

- Antenatal contact
- New birth visit at 10-14 days
- Contact at 6-8 weeks
- Contact at 3-4 months
- A child health review/development assessment by one year of age
- A child health review/development assessment by two and a half years of age
- A child health review/development assessment between 3-5 years

Some common areas of information and support:

- Pregnancy and transition into parenthood
- Infant feeding/ specialist breast feeding support
- Growth and nutrition
- Healthy eating
- Dental health
- Behaviour
- Accident prevention
- Safe sleeping
- Speech and language development
- Immunisations
- Common childhood illness/infection
- Safeguarding
- Postnatal depression and emotional wellbeing
- Parenting

### School Nursing

The School Nursing team provides a service to all children and young people of school age, and their families, whether or not they are attending school. The service is based on the Healthy Child Programme from 5-19 years old. We offer advice and information and assess health needs on children entering school and on transfer to secondary schools. We are the first point of contact for schools when there are concerns about a child's health and wellbeing. We are also responsible for:

- Measuring and weighing children in reception and year 6 as part of the National Child Measurement Programme;
- Universal screening for vision and audiology (hearing) screening for reception children
- Providing enuresis (involuntary urination) advice and support

- Providing emotional health and wellbeing support Supporting children and families with additional health needs or disability
- Parenting and behavioural problems
- Risk taking behaviour including drugs and alcohol
- Stopping smoking
- Relationships, sexual health & pregnancy
- Promoting healthy lifestyles in schools and communities through health education
- Offering awareness sessions for teaching staff in schools on health issues such as asthma, epilepsy and anaphylaxis, and engage specialist services where needed.
- Produce profiles for schools to provide an overview of health, education and social care information of their local school community

Specialist advice and support will also be offered to children in need of protection and their families; children and families in need; foster carers and children who are in care.

More information on the current health visiting and school nursing service is available on Harrogate and District Foundation Trust website:

<https://www.hdft.nhs.uk/services/childrens-services/growing-healthy-county-durham/>