

Somerset Health Visiting Service

Information Pack for families

The Health Visiting Team are here to support you and your family up until your child starts their primary education. We are registered nurses and midwives who have additional training in community Public Health Nursing. In our wider team we also have Assistant Practitioners who work alongside the Health Visitors.

We deliver the Healthy Child Programme to every family across Somerset and aim to see every family during pregnancy, shortly after birth, at 6-8 weeks post birth and at 9-12 months, and then between 2—2.5 years of age. This could be at your home or in a clinic setting. Additional support and visiting can be provided if needed; this will be agreed in partnership with you.

This e-pack contains links to the most up-to-date research based information to inform and guide you in caring for your young family.

Please follow the link below for simple, helpful factsheets from the Institute of Health Visiting: [Top tips and factsheets](#)



For a safe and easy way to contact the Health Visiting team we offer the ChatHealth service, where you can send a text for confidential advice and guidance from a Health Visitor. Send a text to 07480 635 514. More information is below.

Confidential help and advice for parents & carers of under 5s

Infant feeding &
nutrition

Parenting & child
development

Oxytocin, bonding
& attachment

A safe & easy
way to contact your
Health Visiting Team



SCAN
ME



Just send a text
or scan me

07480 635 514

Improving
LIVES

Disclaimer: This is not an emergency service; it operates Monday to Friday between 9am and 5pm and is only available by using a UK mobile number. Your messages are stored on our secure system and can be seen by the Health Visiting Team who run our ChatHealth Service. Although this is a confidential service, in the event of an safeguarding issue the Health Visitor has a duty of care to act on this and may escalate the concern.

Support & Guidance for Fathers

Health Visitors are aware of the importance of the whole family in bringing up children and giving them the best start in life, we therefore strongly encourage fathers to attend as many appointments with their child as possible.

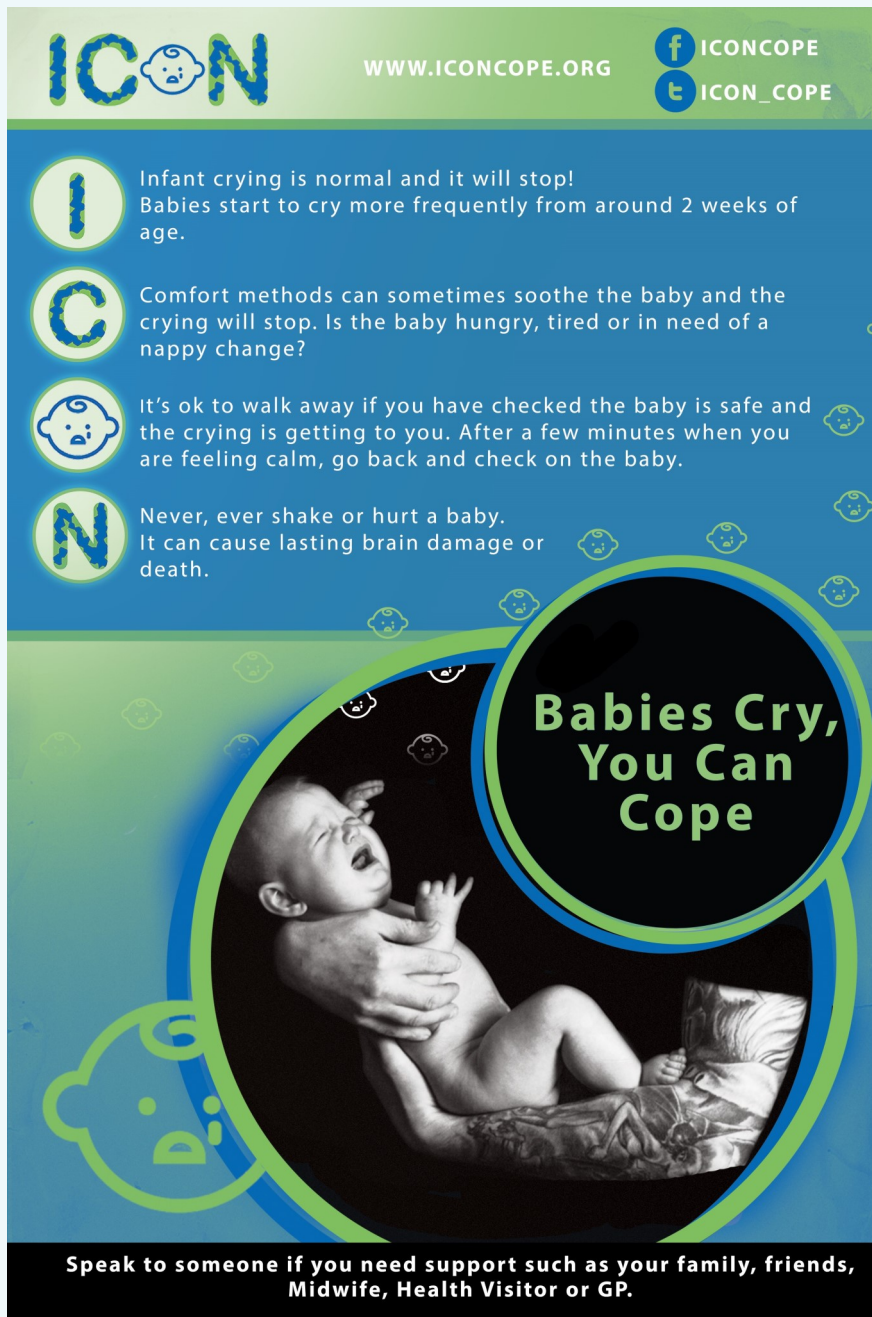
Dad Pad is a phone app which is an essential guide for new dad's.

Please follow the link: [Dad Pad](#)

ICON—Infant Crying is Normal

For information and advice on infant crying please visit the ICON website:

www.ICONCOPE.org



The poster features a green and blue color scheme. At the top, the 'ICON' logo is displayed in large, stylized letters, with a baby's face integrated into the letter 'O'. To the right of the logo is the website address 'WWW.ICONCOPE.ORG' and social media icons for Facebook ('f') and Twitter ('t') with the handles 'ICONCOPE' and 'ICON_COPE' respectively. Below the header, four key points are listed, each preceded by a large letter in a circular icon: 'I' for 'Infant crying is normal and it will stop!', 'C' for 'Comfort methods can sometimes soothe the baby...', 'It's ok to walk away...' (with a baby face icon), and 'N' for 'Never, ever shake or hurt a baby...'. The bottom half of the poster shows a black and white photograph of a baby being held by a person's hands, with the text 'Babies Cry, You Can Cope' overlaid in a circular frame. At the very bottom, a black bar contains the text: 'Speak to someone if you need support such as your family, friends, Midwife, Health Visitor or GP.'

ICON WWW.ICONCOPE.ORG f ICONCOPE t ICON_COPE

I Infant crying is normal and it will stop!
Babies start to cry more frequently from around 2 weeks of age.

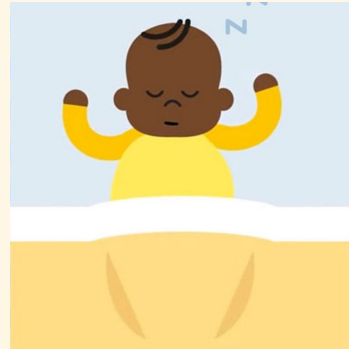
C Comfort methods can sometimes soothe the baby and the crying will stop. Is the baby hungry, tired or in need of a nappy change?

It's ok to walk away if you have checked the baby is safe and the crying is getting to you. After a few minutes when you are feeling calm, go back and check on the baby.

N Never, ever shake or hurt a baby.
It can cause lasting brain damage or death.

Babies Cry, You Can Cope

Speak to someone if you need support such as your family, friends, Midwife, Health Visitor or GP.



Safe Sleep

Following safe sleep advice helps to reduce the risk of Sudden Infant Death Syndrome, or Cot Death.

For the most up to date information on how to reduce the risk, click on the links below:

[Safer Sleep Advice](#)

[Caring for your Baby at Night](#)

[Safer Sleep—Baby Check App](#)



Helping Your Baby Sleep

For information and tips and helping your baby to sleep and establishing bedtime routines please follow the links below.

[Getting Baby To Sleep](#)



Emotional Wellbeing



Postnatal depression is a type of depression that many parents experience after having a baby. It's a common problem, affecting more than 1 in 10 women within a year of giving birth. It also affects fathers and partners.

It's important to seek help as soon as possible if you think you might be depressed, as your symptoms could last months or get worse and have a significant impact on you, your baby and your family. You can talk to your midwife, your Health Visitor or GP about support in your area. With the right support, which can include self-help strategies, therapy and medication, most people make a full recovery.

For more information, click on the links below:

[NHS—Postnatal Depression](#)

[PANDAS Foundation—Information](#)





Feeding

For more information, click on the links below:

Breastfeeding

[Breastfeeding](#)

[Off to the Best Start](#)

[Study or Going Back to Work](#)

Bottle Feeding

[Guide to Bottle Feeding](#)

Responsive Bottle Feeding

[Infant Formula and Responsive Bottle Feeding](#)

Infant Formula information

[Infant Milk—A Simple Guide](#)

Introducing Solids

[Weaning](#)

[Introducing Solids](#)



**FIRST STEPS
NUTRITION
TRUST**

Vitamins

For information on vitamins and supplements for your baby please follow the link below:

[Vitamins for Children](#)

If you are under 18, or on benefits, you may be entitled to Healthy Start vitamin drops and food vouchers. Find more information at

[Healthy Start](#)

Once you have received your vouchers for vitamins please contact your health visitor to place an order for you.

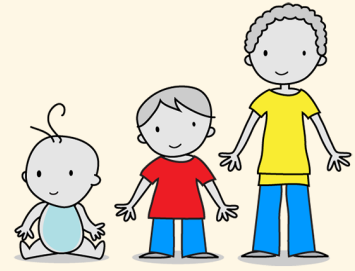


Dental Care

For toothbrushing tips and information please follow the link below

[Looking after your babies teeth](#)

Immunisations



You will receive a letter to arrange your child's immunisations—it is therefore essential for you to register your baby with your GP surgery ASAP.

It is usual for babies to receive their first immunisations at approximately 8 weeks old. Below you will find a link which will take you to information on when your baby will be offered immunisations and which immunisations will be given.

For more information, click on the links below:

[Childhood Vaccines Timeline](#)

[Immunisations up to 1 Year](#)

If you are unsure or have any questions regarding immunising your child please speak to your Health Visitor. The link below offers some insight into the importance of vaccination and dispels some commonly believed myths that may affect your decision.

For more information, click on the link below:

[Why Vaccination is Safe and Important](#)

Domestic Abuse

Below you will find information on recognising domestic abuse, how to keep children safe and how to help yourself or others should you ever be worried or concerned. Never be afraid to speak out - your Health Visitor will listen, support and coordinate a multi-professional response to keep you safe.

For more information, please click on the links below:

[Somerset Domestic Abuse Services](#)

[women's aid](#)

[NSPCC—Domestic Abuse](#)

[Getting Help](#)



women's aid
until women & children are safe

Contraception

Please discuss this with your GP at your 6-8 week appointment and remember breastfeeding is not a guaranteed contraceptive.

[Contraception After Baby](#)

[Family Planning Association](#)



Postnatal Exercise

Having a baby changes your body. Some things may never be quite the same again, but other changes don't need to be permanent. The link below will provide you with information on postnatal exercise including problems you may have after birth, abdominal and pelvic floor exercises.

[Your Post Pregnancy Body](#)



Encouraging Development

Tummy Time can be started from birth and is essential for healthy development of your baby's stomach muscles to help them to learn to sit and crawl.

For more information, please click on the links below:

[Tummy Time](#)

[Keeping Kids Active](#)

[Baby Moves](#)



For more ideas on encouraging your child's development with activities for ages 0-5 please visit:

[Hungry Little Minds](#)

[Integrated Therapies Advice Sheets](#)

Car Seat and Home Child Safety

For more information, please click on the links below:

[Car Safety](#)

[Child Car Seats: The Rules](#)

[Child Car Seat and Child Car Safety](#)

[Child Accident Prevention](#)



Toilet Training

[How to Potty Train](#)

[ERIC Resources](#)



Behaviour

There are lots of possible reasons for difficult behaviour in toddlers and young children. Please follow the link below for further information:

[Approaching your child's behaviour](#)

Growth Monitoring



Your local health visiting team will weigh and measure your baby at your new birth and 6 week visit. If your baby requires more frequent monitoring this will be arranged in partnership with you. You will be invited by your health visiting team to your local well baby clinics where you will be able to weigh your baby outside of arranged contacts.

See the link below for advice on how often to weigh your baby.

[Your babies weight and height](#)