

### What your local service does

#### Community (Your neighbourhood)

In the community there are a range of health services for children young people and their families. Health visitors and school nurses lead in ensuring that you know about these services and that they are made accessible to everybody. We work with local communities to ensure they are equipped to deliver local services.

#### Universal Service (Offered to every family)

Health visitors and school nurses lead and deliver the healthy child programme to ensure a healthy start for each and every child. This programme starts in pregnancy through to school leavers. This includes promoting positive physical and mental health, supporting new parents, and assessing the health and development of children and young people.

#### Universal Plus (Further support for families)

Health visitors and school nurses are able to support parents, children, young people and families when they need extra help. Some examples include support with specific parenting issues and post natal depression, asthma, emotional difficulties and bullying.

#### Universal Partnership Plus (Families who need additional support)

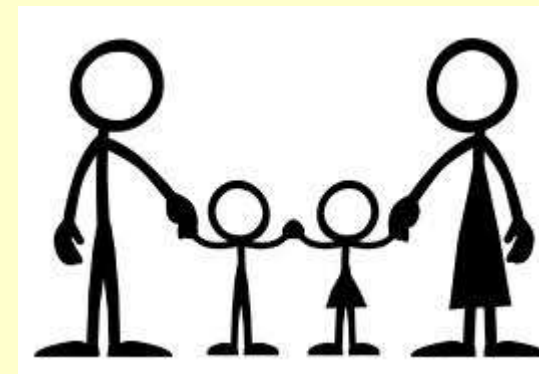
Health visitors and school nurses are able to provide ongoing support, with extra support from a range of local services working together with the family to deal with more complex issues over a period of time. Some examples include special educational needs, drug and alcohol misuse, child and adolescent mental health services, looked after children and young carers. Health visitors and school nurses work together to protect and ensure children are safe.

Health visitors and school nurses are responsible for delivering cost effective public health programmes and interventions to improve health outcomes for all parents, children, young people and their families.

Some of the key public health issues include:

- Breastfeeding
- Dental health
- Growth and development
- Healthy weight and physical activity
- Emotional health and wellbeing
- Sexual health advice and guidance
- Smoking cessation
- Drug and alcohol misuse

### Local information



## Getting to know your health visiting and school nursing service





How can we help?



### Who are health visitors and school nurses?

- We are qualified nurses or midwives with specialist training in public health for children, young people and families.
- We work with local communities, the whole family, and individual children in different settings e.g. homes, children's centres, schools, and GP surgeries
- Health visitors lead and deliver the healthy child programme for 0-5 year olds, offering support to all families in pregnancy up to when children are aged 5.
- School nurses lead and deliver the healthy child programme for 5-19 year olds. Working predominately with children, young people and their families.
- Health visitors and school nurses work closely with other health services, including schools, to ensure that the child's health needs are met
- We are skilled in spotting health problems or concerns early, to provide early support.
- We work with other services to ensure each and every child and young person lives in a safe environment.

### What is the healthy child programme?

It is a programme for children, young people and their families which focuses on early intervention and prevention, offering research based guidance on development reviews, immunisations, screenings, and healthy choices.

### How can health visitors support you and your child 0-5 years?

- We help support the health and wellbeing of your whole family, from ante natal visits up until your child goes to school
- We provide advice on healthy choices e.g. breastfeeding, weaning and healthy eating.
- We work closely with children's centres to promote family activities which help build a strong bond with your child.
- We offer development reviews to ensure your child is reaching their full potential.
- We promote the childhood immunisation programme which ensures your child is protected against disease and infection.
- We offer support and information to families with specific difficulties such as postnatal depression.
- We help support your whole family into education, training or work.
- We offer advice and information on wider issues such as housing problems or domestic abuse, child abuse
- We work in partnership with specialist services to support families with additional needs e.g. speech and language therapists.
- We support parents to feel confident in their parenting skills and to provide the best opportunities for their baby.

### How can school nurses support you and your child 5-19 years?

- The School Nurse provides a completely confidential health service.
- We help support the health and wellbeing of children, young people and families.
- We provide advice on healthy choices e.g. healthy eating, dental health, sexual health and substance misuse.
- We work closely with your child's school to promote a healthy lifestyle, including diet and exercise.
- We offer health reviews to ensure your child continues to reach their full potential by promoting optimal health and wellbeing for all children and young people.
- We offer the childhood immunisation programme which ensures your child is protected against disease and infection
- We offer support and information for teenage parents.
- We provide specific support for families with complex needs such as diabetes and asthma, so your child can continue to enjoy their education at school.
- We work in partnership with outside agencies to promote the rights and education needs of young carers.
- We offer advice and information on the issues bed wetting and constipation.
- We provide support to young people who have been abused or exploited