



## How can we help?



### WHAT IS THE HEALTHY CHILD PROGRAMME?

The Healthy Child Programme is a programme for children, young people and families which focuses on early intervention and prevention and offers research based guidance on development reviews, immunisations, screenings, and healthy choices.

### 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 families.
- We 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, so that we can provide early support.
- We work with other services to ensure each and every child and young person lives in a safe environment.

### HOW CAN HEALTH VISITORS SUPPORT YOU AND YOUR CHILD AGED 0-5 YEARS?

- We help support the health and wellbeing of your whole family, from ante-natal visits 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, domestic abuse or 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 AGED 5-19 YEARS?

- We provide a confidential health service.
- We help support the physical and emotional 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 that your child can continue to enjoy their education at school.
- We work in partnership with outside agencies to promote the rights and educational needs of young carers.
- We offer advice and information on the issues of bed wetting and constipation.