

This space is for you to write any questions you may want to ask your Health Visitor.

Your health visitor(s)

Name

.....

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Base

.....

Tel.....

Comments, concerns or complaints? If you have any comments, concerns or complaints and you would like to speak to somebody about them please telephone **01773 525119** or email **pet@dchs.nhs.uk**

Are we accessible to you? This publication is available on request in other formats (for example, large print, easy read, Braille or audio version) and languages. For free translation and/or other format please call 01773 525099 extension 5587, or email us at: **communications@dchs.nhs.uk**

The Health Visitor Antenatal Contact



A guide on what to expect at your antenatal contact with your Health Visitor.

For more information
www.dchs.nhs.uk

Health visitors work with families to help give all children the best start in life.

Your health visitor will visit you at home from the 28th week of your pregnancy to introduce you to the Health Visiting service.

Your baby's father is welcome to be present at this contact.

They will talk about:-

- ❖ Role of the Health Visitor and the Healthy Child Programme.
- ❖ Preparing for your baby's arrival.
- ❖ Preparing for parenthood and becoming a family.
- ❖ Preparing other children in your family for baby's arrival.
- ❖ Looking after your new born baby.
- ❖ Safe sleep and reducing the risk of cot death.
- ❖ Health Visitors work closely with Children Centres and will discuss the support available from their service at the antenatal contact



- ❖ Choosing how to feed your baby.
- ❖ Getting to know your baby – understanding your baby's cues and communicating with your baby.
- ❖ Baby brain development and social interaction.
- ❖ Your emotional wellbeing and changes in your relationship.
- ❖ Healthy lifestyle choices
- ❖ Safety in the home
 - Smoke free environment
 - Smoke detectors
 - Preparing pets for arrival of baby

These websites are useful to look at to help you prepare for becoming a parent and looking after your baby



NHS information service for parents to get regular emails or text about pregnancy, the first few weeks of your baby's life and beyond.
www.nhs.uk/parents



Your Health Visiting Service. Find out more about how Health Visitors can support you.
www.dchs.nhs.uk/health-visiting



Birth to Five book
www.publichealth.hscni.net/publications/birth-five



A guide for members of a breast feeding family: a Derbyshire website for breast feeding advice and information
www.breastfeedingderbys.co.uk