

A little bit of helpful sign posting...

The Pregnancy & Baby section of NHS Choices (www.nhs.uk) is an excellent resource for advice and guidance on many aspects of both pregnancy and raising your child.



Included on the site you will find references to the **Birth to Five** book which provides up to date information on caring for children up to five years old.



You can access the PDF version of the book online at www.publichealth.hscni.net/publications/birth-five or scan the QR code.



Our own public website also provides valuable information for advice and guidance which includes our contact details should you need to speak to someone.

<https://tsdft.uk/0-19>



For information on how your data is stored and protected please visit: www.torbayandsouthdevon.nhs.uk/about-us/data-protection/



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twitter.com/TSDFT_NHS



We would like to hear from you about your experience of our service. For comments and compliments please discuss with the person involved in your care or contact the Feedback and Engagement Team via tsdft.feedback@nhs.net 01803 655838

Your Health Visiting Service

The following information leaflet offers an overview of the services that are provided by the health visiting service in Torbay.

To access a comprehensive list of all the services offered including clinic times and contact details please visit our website at:

<http://www.torbayandsouthdevon.nhs.uk/services/health-visiting/>



0300 333 5352

publichealthnursing.torbay@nhs.net

What is the Health Visiting Service?

What is a Health Visitor and what do they do?

The health visiting team consists of Health Visitors and Community Nursery Nurses.

A Health Visitor is a qualified nurse who has had additional specialist training and makes up part of a team that carry out screenings and development reviews for babies and young children (0-5 years). Part of their role is to help families find ways to avoid illness and stay fit, happy and healthy. Community Nursery Nurses support the Health Visitors in carrying out these important duties.

How can the Health Visiting Team help me?

As you may already know, through friends or personal experience, some parents find the early years of a child's life though satisfying and rewarding, also challenging and frustrating. This is where the health visiting team can help you learn about discovering new ways to ease some of the worries of being a parent and support you in your job of raising a happy and healthy child.



Torbay Children's Centres

Torbay's Children's Centres

The health visiting team work closely with Torbay's Children's Centres, who work alongside local families with children under

5, providing information, advice and a wide range of services, including baby massage, feeding support, free play activities, family support and much more.

Please visit the website to find out full details: www.torbay.childrenscentres.org



Commonly Discussed Topics

The following themes are common topics that we provide advice and assistance on, however, this is not an exhaustive list and a larger range of topics, including helpful videos, alternative websites and reading can be found on our website.

<http://www.torbayandsouthdevon.nhs.uk/services/health-visiting/>

The key areas that we provide an introduction to and advice on include:

Maternal mental health

Antenatal contact

Child development

Parenting support

Responsive infant feeding

Skincare

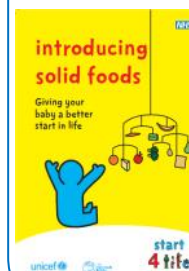
Accident prevention

Minor illnesses

Teething & dental health



Responsive Infant Feeding with UNICEF



UNICEF has an excellent collection of leaflets and video clips to help you with any feeding concerns. To access this information go to:

www.unicef.org.uk/BabyFriendly/ and explore the parents section.

