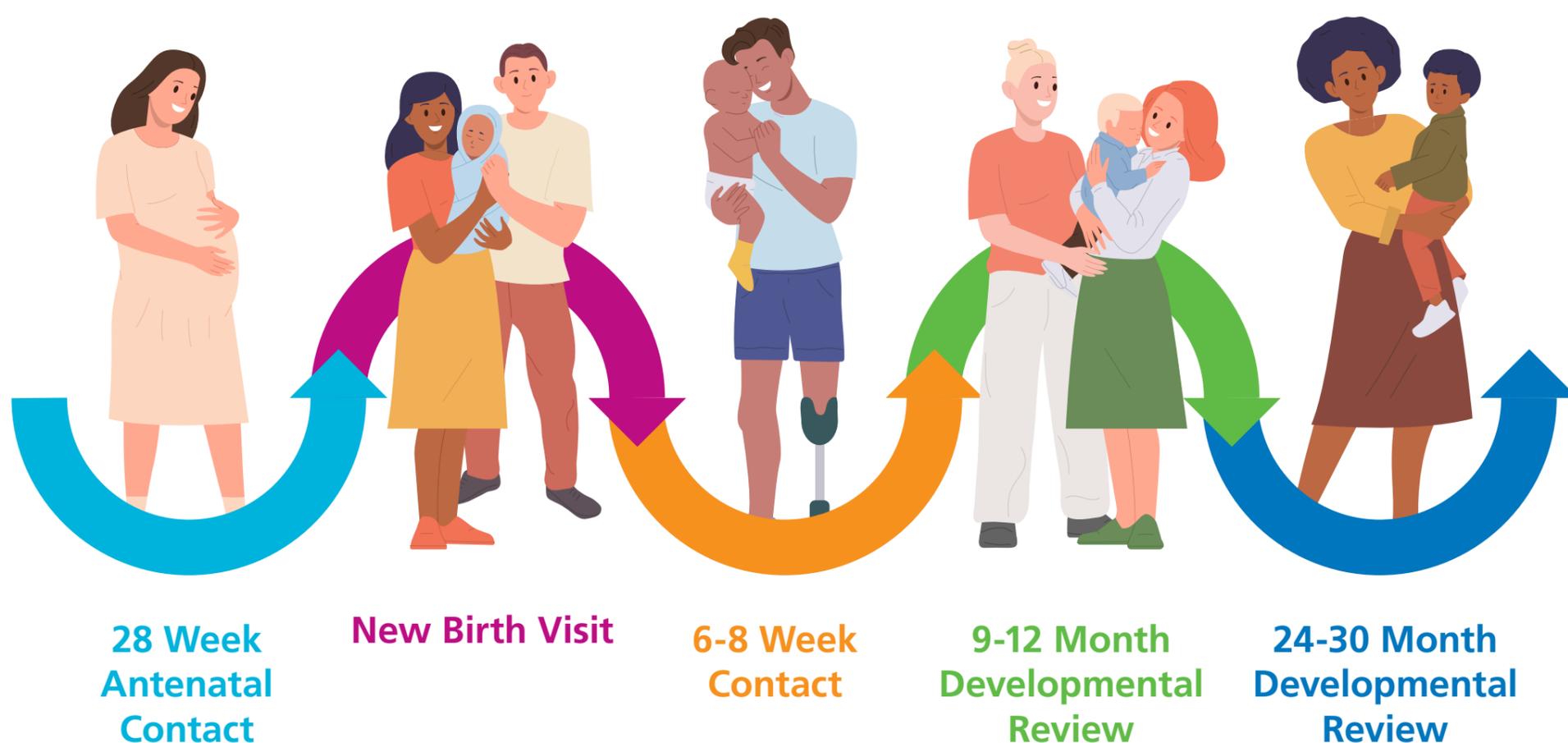


What to expect from your Health Visiting Service



28 Week Antenatal Contact

You will either receive a home visit or an invite for our Postnatal Preparation Group Sessions.

This will be your chance to meet a Practitioner from our Health Visiting Service. During the session, you will get practical support and advice regarding pregnancy and your upcoming birth. This will give you time to explore your own emotional health and wellbeing, along with your transition to parenthood.

New Birth Visit

This is completed in your home 8-14 days after your baby is born.

One of our Health Visitors will visit your home and discuss your baby's growth and feeding, plus much more. They can offer advice and support you with any concerns you may have. This will give you time to explore your own emotional health and wellbeing, along with your transition to parenthood.

6-8 Week Contact

This is usually a clinic appointment letter sent after your baby is born and in addition to your 6 week postnatal with your GP.

One of our Practitioners will see you in a clinic setting and discuss your baby's growth and development, plus much more. They can offer you advice and support you with any concerns you may have.

9-12 Month Developmental Review

This is usually a clinic appointment letter sent when your child is 8-12 months old.

One of our Practitioners will see you in a clinic setting and discuss your child's growth and development, plus much more. They can offer you advice and support you with any concerns you may have.

24-30 Month Developmental Review

This is usually a clinic appointment letter sent when your child is 23-30 months old.

One of our Practitioners will see you in a clinic setting and discuss your child's growth and development, plus much more. They can offer you advice and support you with any concerns you may have.

It is very important you attend these appointments with your child. It is a time for you to speak with a professional, get advice and support and check that your little one's milestones are being met.

If you do not receive an appointment for any of these, or you need any support or advice regarding your child, please contact our **Single Point of Access** on **01922 603074** or **send a text explaining your concerns** with your **child's name, date of birth** and **NHS number** to **07520 634909**.