Who are health visitors and what do they do?

They are a vital infrastructure, working in partnership with families, communities and professionals



infant - /ˈɪnf(ə)nt/
from Latin infant - 'unable to speak'

Health visitors speak up for babies and their families

Who are health visitors?

- **Registered** nurses or midwives
- Have additional **registered** specialist training in public health
- Part of the 'health' workforce
- Work with all families from pregnancy to starting school
- Innovative workforce embracing digital technology



What do health visitors do?

- Support **thousands** of families every week
- Provide extra support when families need it the most
- Build on families' strengths
- Deliver Getting it right for every child (GIRFEC)
- **Prevent** costly problems or spot them early
- Connect families to the right support and find solutions together
- Building a fairer society

Health creation is at the heart of health visiting

"As we recover from the pandemic, we have huge opportunities and challenges ahead…I am convinced that health visitors will play a key role in addressing the crucial issues amongst the families they work with."
Dr Camilla Kingdon, President of the Royal College of Paediatrics and Child Health

Physical Health

Child physical health

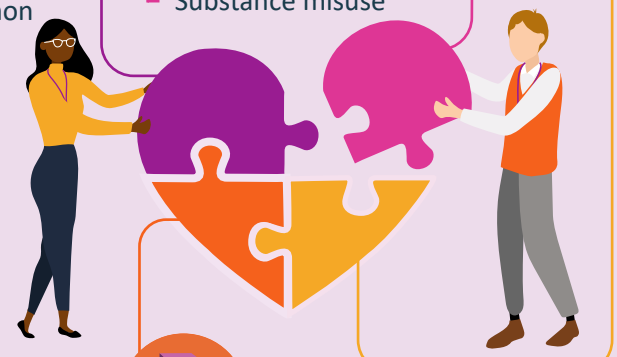
- Promoting health and wellbeing
- Coping with a **premature or sick** baby
- Infant feeding difficulties
- Faltering growth
- Identifying and managing common childhood illnesses
- Immunisations
- Newborn screening and genomics
- Childhood obesity
- Promoting oral health
- **Complex health conditions** and disabilities such as liver disease and **neuro developmental disorders**
- Foetal alcohol spectrum disorders

Adult physical health

- Common and **serious problems** in the postnatal period
- Pregnancy planning and sexual health advice
- Promoting physical activity, healthy weight and lifestyles - smokefree families

Social needs & safeguarding

- **Building community connections**
- Reducing accidents
- **Supporting vulnerable families**
- Domestic abuse
- Substance misuse



Mental Health

- **Promoting** good mental health and wellbeing of the whole family
- **Identifying** 'red flags' and risk of suicide
- **Assessment** of mental health
- Delivering evidence-based **interventions**
- Supporting healthy parent-infant and couple relationships

Child development

- Sleep
- Speech, language and communication
- School readiness
- Behaviour
- Promoting child development

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