

## What your local service does

### Community (Your neighbourhood)

In the community there are a range of health services for children young people and their families. Health visitors and school nurses lead in ensuring that you know about these services and that they are made accessible to everybody.

### Universal Service (Offered to every family)

Health visitors and school nurses lead and deliver the healthy child programme to ensure a healthy start for each and every child. This programme starts in pregnancy through to school leavers. This includes routine things such as supporting new parents, etc, etc (need to include further examples)

### Universal Plus (Further support for families)

Health visitors and school nurses are able to support parents, children, young people and families when they need extra help. Some examples include support with specific parenting issues and post natal depression, asthma, emotional difficulties and bullying.

### Universal Partnership Plus (Families who need additional support)

Health visitors and school nurses are able to provide ongoing support, with extra support from a range of local services working together with the family to deal with more complex issues over a period of time. Some examples include special educational needs, drug and alcohol misuse, child and adolescent mental health services, looked after children and young carers.

Health visitors and school nurses are responsible for delivering cost effective public health programmes and interventions to improve health outcomes for all parents, children, young people and their families.

Some of the key public health issues include:

- Breastfeeding
- Obesity and weight management
- Emotional health and wellbeing
- Dental decay
- Preventing teenage pregnancy

## Local information

Your School Nurse is:

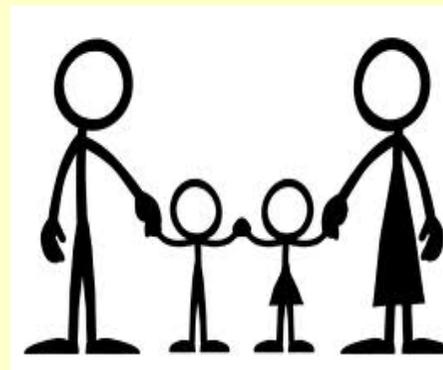
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# Getting to know your health visiting and school nursing service



## How can we help?



### Who are health visitors and school nurses?

- We are qualified nurses or midwives with specialist training in public health.
- Health visitors lead and deliver the healthy child programme for 0-5 year olds. Working predominately with babies, parents or carers, offering support in pregnancy up to when their children are aged 5, including specialist support.
- School Nurses work closely with schools and other health professionals to ensure that any individual health needs are addressed early and that each child achieves his or her full potential
- School nurses lead and deliver the healthy child programme for 5-19 year olds. Working predominately with children, young people and their families.
- We work with whole communities, the whole family, and individual children in different settings e.g. homes, children's centres, schools, and GP surgeries
- We are skilled in spotting health problems or concerns early, to provide early support.
- We work with other professionals to ensure each and every child and young person lives in a safe environment.

### What is the healthy child programme?

It is a public health programme for children, young people and their families which focuses on early intervention and prevention, offering research based guidance on development reviews, immunisations, screenings, and healthy choices.

### How can health visitors support you and your child 0-5 years?

- We help promote the health and wellbeing of your whole family, from ante natal visits up 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 offer 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.

### How can school nurses support you and your child 5-19 years?

- The School Nurse provides a completely confidential health service.
- We help promote the health and wellbeing of the whole family.
- 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