

Blackpool Health Visitors

by Blackpool Teaching Hospitals - Tuesday, January 10, 2012

Health Visitors are qualified nurses or midwives who have gained an extra qualification enabling them to work with individuals, families and communities to promote a healthy lifestyle.

Your Health Visiting Service in Blackpool

Your health visitor can offer support and information about a variety of issues such as:

- Your family's health
- The growth and development of your child
- Your child's immunisations and vaccinations
- Breastfeeding
- Healthy eating for all the family
- Your child's behaviour
- Parenting
- Play and stimulation
- Sleep management
- Weight management
- Exercise
- Smoking cessation

We have health visitors linked to each of Blackpool's Children's Centres who co-ordinate and run fun and informative courses such as:

- The Ups and Downs of Parenting
- Baby massage
- Weight Reduction
- Cook and Eat/Meals and Menus
- Twins group

You may also meet your health visitor at nurseries and other community settings.

Your health visiting team is there to help you and your family and is easy to contact via your GP surgery.