

# Health Visiting Service

by Blackpool Teaching Hospitals - Tuesday, January 10, 2012

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Health Visitors are qualified nurses with a specialist degree or equivalent experience. Health Visitors work with individuals, families and communities to promote a healthy lifestyle. This can be with groups or individuals.

## Within the Health Visiting Team there are:

- Health Visitors
- Community Nursery Nurses
- Community Nurses
- Clerical support

## These are some of the things families talk to their Health Visitor about:

- Their family's health concerns
- The growth and development of their child
- Their child's immunisations and vaccinations
- Breastfeeding
- Healthy eating for children
- Their child's behaviour
- Parenting
- Play and stimulation
- Sleep management
- Healthy lifestyle for adults:
- Weight management
- Exercise
- Smoking cessation

## They can also give information on where to find:

- Toddler playgroups
- Family planning services
- Local support groups
- Other local services

**They work closely with local nurseries and run groups within children's centres such as:**

- The Ups and Downs of Parenting
- Baby Massage
- Weight Reduction
- Cook and Eat