

MY HEALTH VISITOR

Specialises in
child & family
health

Recognises my
strengths

Listens

Supports family
relationships

Is honest & open

Builds my confidence

Is interested in me and
my whole family

Doesn't judge me

Is knowledgeable

Is friendly &
approachable

Takes time

Works
with me

Is friendly,
kind & caring

Is trusted

Gives me
hope



**Supporting you on your journey through parenthood,
from pregnancy until your child enters school.**

Find the details for your local team here: bit.ly/WarksHealthVisiting
Text service, Chat health, for parents of preschool children, **07520 615293**

WHAT YOUR HEALTH VISITOR CAN OFFER

Stop smoking

Colic

Accident
prevention and
minor illness

Relationships

Child development

Toilet training

Emotional
wellbeing

Infant feeding
and introducing
solids

Play skills

Getting ready
for school

Immunisations

Special needs

Child behaviour

Groups and
peer support

Oral health



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Having a Baby?

Supporting you through parenthood; enabling you and your family to be the best you can be

Family Information Service

Family Information Service (FIS) providing signposting, helpline and 1:1 support for Warwickshire families on a wide range of services including housing, finance, family relationships and parenting support.

www.warwickshire.gov.uk/fis FIS Helpline 01926 742274

Available 9am to 5pm Monday to Friday @WarksFIS

Online Guides to Build Confidence of Parents

In Warwickshire we have four online parenting guides that are free for Warwickshire residents via:

www.warwickshire.gov.uk/parentguides



Understanding your Pregnancy

Understanding your Baby

Understanding your Child

Understanding your Teenager's Brain

Health Visiting

The Warwickshire Health Visiting service offers a universal service to all families.

- Support from the antenatal period until your child starts school
- Empowers you to feel more confident as a parent, so that your child gets the best start in life
- Offers evidenced based programmes for to parents such as Baby Steps, the HENRY Programme, Video Interactive Guidance

For more information visit: bit.ly/WarksHealthVisiting

Chat Health

A health visiting texting advice service for parents/carers from pregnancy till your child enters school.

- **TEXT ANYTIME.** A health visitor will aim to text you back within 2 hours (Monday to Friday 9am to 5pm, excluding Bank Holidays)

Text **07520 615293** (UK only, charged at your normal rate)



Family Nurse Partnership

- This is a voluntary home visiting programme for young mums aged up to 19 years and their families
- Offered from 12 weeks of pregnancy till your child is 2 years old
- Promotes healthy pregnancy and your child's health and development
- Focuses on your personal goals and aspirations as a parent

For more information visit:

bit.ly/3fekMaz

Or call:

North Warwickshire
07808 763322

South Warwickshire and Rugby
07808 763319

