

## **Useful Websites:**

[www.parentclub.scot](http://www.parentclub.scot)

[www.lets-talk.scot.nhs.uk](http://www.lets-talk.scot.nhs.uk)

[www.facebook.com/NHSLothianSLT](http://www.facebook.com/NHSLothianSLT)

<https://children.nhslothian.scot/departments-services/>

<https://weare.nhslothian.scot/healthvisitors>

<https://m.facebook.com/HealthVisitorsNHSLothian/>

<https://linktr.ee/Breastfeedinginthelothians>

<https://wears.nhslothian.scot/pairs/families>

How to understand babies and how to develop a strong bond with them, as well as other topics such as sleeping, toileting and feeding

## **Student Nurses:**

The Health Visiting team are regularly accompanied by Student Nurses on their community placement. Please let us know if you would prefer not to have a student present.

## **Community Health:**

If your child is unwell please do not bring him/her to the well baby clinic – instead contact your GP.

NHS 24 : 111

Emergency Social Work – 0800 731 6969

Social Care Direct – 0131 200 2324



# **Health Visiting Service**

**Bruntsfield/Grange**

**Information for families with  
young children**

### **Health Visitors:**

**Alexa Joyce  
Sarah Clyde**

### **Nursery Nurse:**

**Emma Sutherland**

### **Administrative Assistant:**

**Dee O'Sullivan-Kelty**

**Tel: 0131 228 7502**

## **The Health Visitors:**

Health Visitors are part of the National Health Service.

We are registered nurses who specialise in Community Health, working with other members of the practice team.

Our aim is to promote individual, family and public health.

Have a responsibility for offering support to families who have children under the age of 5 years old. This includes offering advice and guidance on basic child care issues and monitoring children's growth and development.

Health Visitors work in partnership with other health and social care professionals and voluntary agencies.

For medical and other services please see the Practice Information Leaflet.

## **What is the basic contacts offered by the Health Visiting Service:**

### **Postnatal:**

A home visit by the Health Visitor takes place between 11-14 days after the birth.

2 follow up visits will be offered between 3-5 weeks to assess feeding and obtain weight measurement.

### **6 – 8 weeks:**

Home visit by the Health Visitor to assess baby's development and to obtain basic measurements.

### **3 and / or 4 month visit:**

Visits will be offered at 3 and / or 4 month visit to review development and discuss weaning.

### **8 months:**

Home visit by the Health Visitor to assess baby's development and to discuss health promotion topics.

### **13 – 15 months:**

Home visit arranged by Health Visitor/Nursery Nurse to review development and wellbeing.

### **27 – 30 months:**

Home visit arranged by Health Visitor/Nursery Nurse to review development and wellbeing.

### **4 – 5 Years:**

Home visit arranged by Health Visitor/Nursery Nurse to review development and wellbeing.

## **Immunisations:**

Information can be found in the Immunisation Booklet. Appointments will be sent by post to you.

The Health Visiting Team can offer additional contacts with families for support with feeding or with other childcare issues.

## **Services Offered:**

Advice & guidance on children's issues, eg:

- feeding issues.
- sleeping issues.
- toilet training/toileting issues.
- concerns with speech development.
- challenging behaviour.

Support with parenting.

Well baby clinic.

Weaning Sessions.

Child Development Screening.

Information on local services including parent and baby groups.

Advice on dental health.

Home Accident Prevention.

Family Nutrition.

Family Planning Information.

We can also offer support to families who are experiencing issues with maternal low mood, depression and domestic abuse.