Who are health visitors and what do they do?

They are a vital infrastructure, working in partnership with families, communities and professionals.

Physical Health

Child physical health
- Promoting health and wellbeing
- Coping with a premature or sick baby
- Infant feeding difficulties
- Faltering growth
- Identifying and managing common childhood illnesses
- Immunisations
- Newborn screening and genomics
- Childhood obesity
- Promoting oral health
- Complex health conditions and disabilities such as liver disease and neuro developmental disorders
- Foetal alcohol spectrum disorders

Adult physical health
- Common and serious problems in the postnatal period
- Pregnancy planning and sexual health advice
- Promoting physical activity, healthy weight and lifestyles - smokefree families

Social needs & safeguarding

Building community connections
- Reducing accidents
- Supporting vulnerable families
- Domestic abuse
- Substance misuse

Mental Health

Promoting good mental health and wellbeing of the whole family
- Identifying ‘red flags’ and risk of suicide
- Assessment of mental health
- Delivering evidence-based interventions
- Supporting healthy parent-infant and couple relationships

Child development

Sleep
- Speech, language and communication
- School readiness
- Behaviour
- Promoting child development

What do health visitors do?

- Give every baby the best start in life
- Support thousands of families every week
- Provide extra support when families need it the most
- Build on families’ strengths
- Prevent costly problems or spot them early
- Connect families to the right support and find solutions together
- Building a fairer society

Health creation is at the heart of health visiting

“As we recover from the pandemic, we have huge opportunities and challenges ahead...I am convinced that health visitors will play a key role in addressing the crucial issues amongst the families they work with.”

Dr Camilla Kingdon, President of the Royal College of Paediatrics and Child Health

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