

Who are health visitors and what do they do?

Health visitors are advocates for babies, children and families

Health visitors provide a vital universal service, working in partnership with families, communities and professionals

Who are health visitors?

- Registered nurses or midwives who have additional **registered** specialist training in public health
- Part of the health and social care workforce
- Advocates for the community
- Innovative workforce embracing digital technology



What do health visitors do?

- Give every baby the best start in life
- Support **thousands** of families every week
- Build on families' strengths and resilience
- Work using a trauma-informed approach
- Facilitate early intervention and prevention
- Connect families to the right support and find solutions together
- Facilitate health-enhancing activities
- Work with all families from pregnancy to 19 years
- Respect people's right to privacy and confidentiality
- Provide extra support when families need it the most



Physical health of the whole family

- Promoting health and wellbeing
- Supporting those parents with a premature or sick baby
- Advising on infant feeding
- Assessing and supporting faltering growth
- Identifying and managing common childhood illnesses
- Promoting and administering immunisations
- Newborn screening
- Promoting healthy eating for families
- Promoting oral health
- Supporting those with complex health conditions and disabilities
- Helping address common and serious problems in the postnatal period
- Promoting physical activity, healthy weight and lifestyles - smokefree families



Emotional health and wellbeing

- Promoting good mental health and wellbeing of the whole family
- Supporting perinatal infant mental health
- Delivering evidence-based health visiting interventions
- Supporting healthy parent-infant and family relationships



Child development

- Child development assessment
- Speech, language and communication
- Behaviour
- Sleep
- School readiness
- Toilet training



Social needs & safeguarding

- Promoting safety and wellbeing of children and families
- Building community connections
- Identifying child protection and safeguarding needs
- Identifying and considering impact of adverse childhood experiences
- Advising on accident prevention
- Working as part of a multidisciplinary team
- Providing key support to vulnerable families
- Identifying domestic abuse
- Providing support for those misusing alcohol or other substances



Health Visitors are fundamental in helping parents to provide the best possible start in life for their children. A child's life experience in the first 1,000 days can have lifelong implications for their future health and wellbeing. Health Visitors are highly skilled nurses who are uniquely positioned to build relationships based on trust and mutual respect with individuals, parents, families and communities.

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