

Team Visits

When you will see your
health visiting team

0 to 19
TORBAY
for you



NHS
Torbay and South Devon
NHS Foundation Trust

**The
Children's
Society**

**TORBAY
COUNCIL**

0 to 19 Torbay supports the health, development and wellbeing of children, young people and families in Torbay

Welcome



Health Visitors

Health visitors are registered nurses/midwives who have additional training in community public health nursing. They provide a professional public health service based on best evidence of what works for individuals, families, groups and communities; enhancing health and reducing inequalities for children 0 to 5 years and beyond. You will be given your Parent Held Record book or 'Red Book' at this contact.

Watch this health visiting in the community video to find out more.

<https://vimeo.com/772475131/7057202720>



Team visits



Antenatal

Your antenatal visit will be carried out by your named health visitor, at your home, from 28 weeks of pregnancy. The health visitor will start to get to know you and your family and talk to you about preparing for your baby, early relationships with your baby and health topics which include safer sleep, infant feeding and the general practicalities of having a new baby.

New birth visit

The new birth visit with your health visitor is offered to all families in Torbay between **10 and 14 days after birth**. It is an opportunity for you to talk about any concerns you may have with feeding, safe sleeping, coping with crying and the general care of your baby. The health visitor will ask you how you are feeling and offer further support if needed.

First weeks



6 – 8 week visit

This visit is offered to you at your home or venue of choice. The health visitor will assess your baby's development and observe milestones such as smiling and interaction and give you the opportunity to ask questions. They will also weigh your baby and plot their growth in the Red Book.

12 – 16 weeks

The **12 to 16 week or 3 to 4 month review** continues to focus on your baby's development but also how you as parents are feeling. You will be offered a parental mood review and further support suggested if you would like more support.



Developmental reviews

Aged 8 – 12 months

We offer developmental reviews for your baby at around **9 months old**. These will usually take place either in your home or at one of our Family Hubs by a community nursery nurse or health visitor.

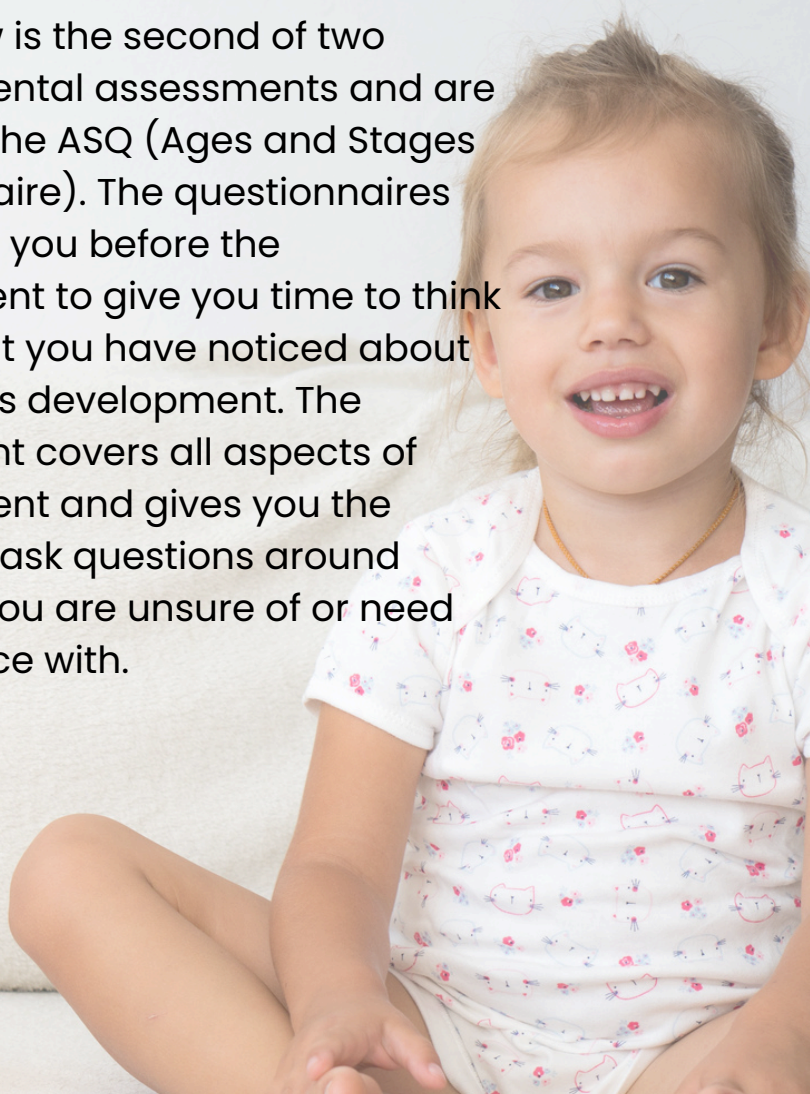
The one year review usually happens from **9 to 12 months** after your baby is born. This review is the first of two developmental assessments and are known as the ASQ (Ages and Stages Questionnaire). The questionnaires are sent to you before the appointment to give you time to think about what you have noticed about your baby's development. The assessment covers all aspects of development and gives you the chance to ask questions around anything you are unsure of or need reassurance with.



Aged 24 – 30 months

You will be offered a developmental review when your child is around **2 years and 3 months olds**. These will usually take place either in your home or at one of our Family Hubs by a community nursery nurse or health visitor.

This review is the second of two developmental assessments and are known as the ASQ (Ages and Stages Questionnaire). The questionnaires are sent to you before the appointment to give you time to think about what you have noticed about your baby's development. The assessment covers all aspects of development and gives you the chance to ask questions around anything you are unsure of or need reassurance with.



Aged 4 – 5 years and height and weight in year 6



The National Child Measurement Programme (NCMP) is offered to all **reception and year 6 children.**

It is a government scheme which aims to identify overweight or underweight children by weighing and measuring them and calculating their body mass index (BMI). We offer families support to manage healthy eating and exercise where appropriate. You will receive a letter about the programme and can withdraw your child from the measurement process if you wish.



Contact us:

✉ publichealthnursing.torbay@nhs.net

🌐 torbayfamilyhub.org.uk

☎ 0300 333 5352

Follow us: 0to19torbay  

0 to 19
TORBAY
for you