

The Barnet Health Visiting Service

The Barnet Health Visiting service would like to say 'welcome to Barnet' and introduce you to our service as well as list some resources which you may find useful.

The Barnet 0-19 Service promotes a healthy lifestyle for children, young people, and their families.

Our team provides the national 'Healthy Child Programme' to ensure a healthy start for children aged 0-19 years and up to 25 years for those with Special Educational Needs and Disability (SEND).

The 0-19 team offers help, advice and support on a range of topics including:

- The transition to parenthood
- Maternal and family mental health
- Breastfeeding
- Healthy weight and nutrition
- Improving health literacy, managing minor illnesses and reducing accidents, health, wellbeing and development

The health visiting offers routine contacts to assess your child's development with you following the birth and at 12 months and 24 months.

Useful Resources

Development

- Chapter 4 - A guide to your child's growth and development
- For advice/support on managing infant crying, visit ICON and discuss with your Health Visitor

Communication and Language

- Look, Say, Sing, Play - Brain-building tips from NSPCC
- Top Tips for Parents from the Institute of Health Visiting
- Library services for under fives via Barnet Council
- Bilingual babies and speaking multiple languages at home via the BBC

Healthy Eating

- Helping your child to eat well via the Institute of Health Visiting
- What to feed young children via the NHS website

Vitamin Supplements

- The Government recommendation is that all 1-5 year-olds have vitamin drops every day containing vitamins A, C and D
- Please visit this NHS website for more information on vitamins for children
- Vitamins for children via the Institute of Health Visiting

Oral Health

Tooth brushing is important throughout life. Early introduction to the habit of tooth brushing is important, therefore we encourage you as parents to brush your children's teeth as soon as a tooth appears. For all children aged 0 - 3 years, it is good practice to use only a smear of fluoridated toothpaste twice daily last thing at night and on one other occasion.

Brushing at bedtime ensures the fluoride continues working while your child is asleep and when saliva flow decreases.

- [Looking after your children's teeth](#) via the Institute of Health Visiting
- [Looking after your baby's teeth](#) via the NHS website
- [How to find an NHS Dentist](#)

Safety & Management of minor illnesses

As your child grows and develops, there are many different risks within your home and lots of adventures to be had so think ahead and be prepared. The websites below provide useful information on safety both inside and outside the home.

- [Ages and Stages](#) via the CAPT
- [Top Tips for parents](#) via the Institute of Health Visiting
- [Swimming Safety](#) via Barnet

Sleep

Sleep is important to start good habits around falling asleep and staying asleep as toddler.

The following websites have useful information:

- [Establishing good sleeping habits](#) via the NHS
- [The Lullaby Trust](#) - support for families

Toilet Training

By 2 years of age your child may be indicating they are aware they have passed urine or need a poo. The age this happens varies considerably but when this does start to happen it's good to be ready.

The website ERIC has excellent resources to support the toilet training process.

Play groups/Nurseries

Going to toddler groups helps your child develop their interactions with other children and prepares them for nursery. If you receive a letter from the council, your child meets the criteria for two year funding and you will need to register them at a nursery which provides two year places.

- Children's Centres in Barnet via Barnet Council
- Early Education Barnet leaflet



CONTACT US

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