

What if I want advice after the visit?

You can either phone on **0300 330 5777** or use the live chat function on our website: **bexley0to19.co.uk**, whichever you prefer.

Other useful websites:

NHS choices – nhs.uk

unicef.org.uk/babyfriendly

birthtofive.org.uk

netmums.com

bestbeginnings.org.uk

bexleywomensaid.org.uk

mind.org.uk

familylives.org.uk

bexleyhealthandsidcuptwinsclub.co.uk

Bromley Healthcare

better together

The Bexley 0 to 19 Children's Public Health Service is provided by Bromley Healthcare, an award-winning social enterprise providing a wide range of community healthcare services to people of all ages in Bromley, Bexley, Croydon, Greenwich and Lewisham.

We provide a wide range of nursing, medical and therapy services for adults and children. These include District Nursing, Health Visiting, Speech and Language Therapy, Physiotherapy and Occupational Therapy. 99% of our patients would recommend our services to their friends and family.

Working with **NHS**

Tell us what you think

We want you to be happy with the service you receive from us, but we know that every so often something might go wrong. If you're unhappy with the care you receive or an element of our service, we want to hear from you.

Of course, we also want to hear from you if you're happy with the care you're receiving - it's good to be able to thank the team and let people know they're doing a good job, so if you have a compliment or congratulation, we'd like to hear from you.

If we are unable to resolve your concerns or you would like to take the matter further please contact us at the address below.

Bromley Healthcare CIC Ltd
Central Court
1 Knoll Rise
Orpington
Kent BR6 OJA

bromh.contact@nhs.net
bromleyhealthcare.org.uk

Bromley Healthcare Community Interest Company Ltd
Company no: 06815987 Registered in England
Registered office: Central Court, 1 Knoll Rise, Orpington, Kent BR6 OJA



Bexley 0 to 19

Children's Public Health Service

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Children's Public Health Service

The service supports parents and carers to give their babies, children and young people the best possible start in life.

We understand that it can take time to adjust to being a parent or carer, and that some people may find that process easier or more difficult than others.

We'll support you to become confident in looking after the health and development needs of your child from when they are born to when they transition into adulthood.

Health Visitor Antenatal visit

A health visitor will make contact with you from 28 weeks of your pregnancy to offer support and practical advice for you and your baby.

This early contact is a perfect opportunity to meet your health visitor and discuss your pregnancy.

Health visitors are registered nurses/midwives with a community public health qualification, who can offer advice on many aspects of childcare and development as well as family health. Health visitors welcome fathers/partners at all contacts.



What will we talk about?

- Your feelings about your pregnancy so far.
- Encouraging a close and loving relationship with your baby.
- Your baby's growth and development and how to respond to your baby's needs.
- Changes to family life, relationships and healthy lifestyle choices.
- Feeding your baby, including breast feeding support.
- Details of local support in the community.
- An update on current healthcare advice for parents who already have children.

Questions for your Health Visitor:

Did you know?

All expectant mothers who are employed, however long they have been in their jobs, are entitled to reasonable time away from work for antenatal care as stated by the government.

This antenatal appointment with your health visitor is part of your antenatal care. Your employer can ask for evidence of your antenatal appointments.

The letter we send you requesting an appointment is written evidence of your appointment and can be shown to your employer.