

# YOUR PREGNANCY, YOUR HEALTH VISITOR

## WHAT IS PURPOSE OF THE HOME VISIT?

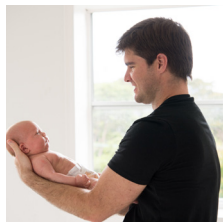
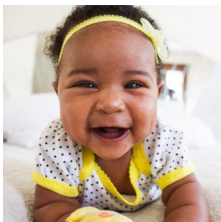
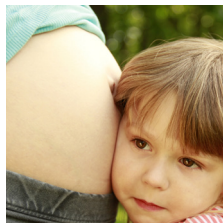
The main purpose of the antenatal home visit is for the health visitor to meet you and to hear about your pregnancy, health and wellbeing, and your family.

The visit is also a chance to share your ideas with us about your baby arrives. It provides you with a time to talk through your thoughts and plans for becoming a family. We want to support you with all aspects of becoming a new parent including feeding and developing close loving relationships.

## WHAT IS A HEALTH VISITOR?

Health visitors are qualified nurses or midwives who undertake extra training. They work to support families from the antenatal period until your child is of school age.

Our aim is to promote healthy growth and development of children and families.



# HAVE A THINK ABOUT...

- What is going well for you or anything that is causing stress or worry
- Feelings about your pregnancy
- Feelings towards your unborn baby
- Looking after yourself and your baby
- Becoming a family and what this means to you
- How you feel about caring for your baby
- Your support from family and friends during your pregnancy and after your baby is born
- What you know about local services for families

## YOU MAY WANT TO DISCUSS THESE FEELINGS WITH YOUR HEALTH VISITOR WHEN YOU MEET

We will work with you to look at your family's strengths, needs and concerns so we can provide relevant information to help and support you.



## CONTACT US TO FIND OUT MORE



0300 1111 022 - option 4



[www.nhft.nhs.uk/0-19](http://www.nhft.nhs.uk/0-19)



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**MAKING A  
DIFFERENCE  
FOR YOU,  
WITH YOU**