

Swindon Borough Council Health Visitor Information Pack

Please take a look at your Personal Child Health Record
(Red book) for lots of additional health information



This information pack is a series of contact details, electronic web links to e-leaflets broken down into infant and child-health related topics that we also talk about when we are making contact with you and your family

**Your Health Visiting team can be reached by
calling the 0-19 Public Health Nursing Duty Line:**



01793 465452 (Mon-Fri, 9:30am-4pm)

Please also look at the following link for our Health Visiting web page on Swindon Borough Councils Local offer page by clicking [here](#)

Registering your baby's birth

You can make an appointment to register your
baby's birth online by clicking [here](#)



The appointment needs to be made in the mother's surname. You will need to provide the date of birth of your baby. You will be able to discuss the full name to be given to the baby at your appointment.

If possible, please do not bring children to the appointment.

Medical advice

NHS 111 is a free number to call when you have an urgent healthcare need. It is available 24 hours a day, 365 days a year



Checker Leaflet Download is for parents to decide whether their baby needs to be seen by a GP [here](#)
(There is also a smartphone app available to download)

Due to COVID19, some organisations have also provided clear guidance for parents who are worried about their child's symptoms

The Royal College of Paediatrics and Child health have issued advice [here](#)



The NHS guidance for worried parents of unwell children can be found [here](#)

Safe Sleep for Babies

To keep your baby safe at night and during daytime Naps, please look at the safe sleep advice from the Lullaby Trust [here](#)



Contraception



It is also important that you consider how you will prevent another pregnancy until you are ready. You can find advice about various contraceptives and their details [here](#)

Immunisations

Immunisations for children are still being prioritised by the Public Health England despite COVID19.

GP Practices will be busy responding to the COVID-19 pandemic and the routine childhood immunisation programme will continue to play an important role in preventing ill-health through causes other than coronavirus infection.

Please check your GP surgery/practice website.

[Here](#) is the parent leaflet for babies born after 1 Jan 2020



If your baby is eligible for a **BCG**, a referral is usually processed by the hospital staff before discharge. This should be indicated by either a tick in the BCG box on page 3b of your red book. Alternatively, this is also recorded in the NIPE (Newborn Infant Physical Examination) a4 sheet which is usually printed and tucked inside the front cover of your baby's red book. If you believe your baby requires a BCG immunisation and has not been referred, please contact your Health visitor.

Information on which families are eligible can be found [here](#)

Tummy Time



We also advise you to give tummy time your baby.

A guidance poster can be found [here](#)

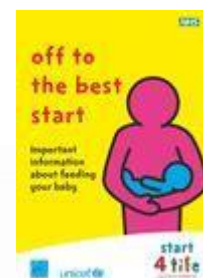
Breastfeeding

If you are breastfeeding your baby, you can download the

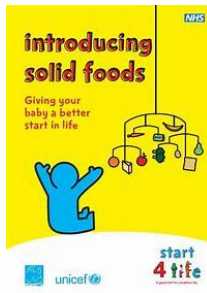
“Off to the Best Start” Leaflet [here](#)

Bottle feeding

You can download the “Guide to Bottlefeeding” Leaflet [here](#)



Introducing solid food



It is recommended that you wait until your baby is 6 months old to introduce solid foods. You can download guidance [here](#)

Your Health Visiting team will also offer you friendly advice and support when you reach the time to start

Vitamin D

We also want every family to be aware of the NHS Guidance which you can find [here](#)

This guidance is based on the NICE

(National Institute for Clinical Excellence) Guidelines which can be found [here](#)



Healthy Start



If you are entitled to Healthy Start Vouchers and free vitamins, you will find lots of helpful information [here](#) about the healthy start initiative and eligibility for the scheme

Books and Reading

It is also really important to introduce reading and books to your baby's daily routine, even from birth. You can find information about reading in the under ones age group and beyond [here](#)

