

The Healthy Child Programme (HCP)

The HCP is a series of developmental reviews, screening tests, vaccinations and information to support parents and help them give their child(ren) the best chance of staying healthy and well.

What can you expect?

There are key times when you can expect to have contact from your health visiting team. The service offered to every family includes;

28 - 32 weeks	Antenatal Assessment.
4 – 6 days	Your HV team will call to book your New Birth visit and to discuss feeding with you and to offer support
10 - 14 days	New Birth Visit at home.
6 - 8 weeks	Perinatal mental health review.
8 mths - 1yr	Health Review 1 for Baby.
18mths – 27mths	Health Review 2 for Child.

If the team has not been in touch with you beyond the timescales above please do not hesitate to get in touch. Please call us on 01252 335649.

In addition to your key contact times, your Health Visiting Team can also provide specific expert help and advice when needed on subjects including:

Parenting Sleep Behaviour Toilet Training Sexual Health
Healthy Eating Breast Feeding Healthy Weights Exercise
Minor Illnesses Weaning Post Natal Depression Smoking Cessation
Rashes & eczema Safeguarding / Domestic Abuse Alcohol or Drug Abuse

If you have any concerns and your child is over 5 years old, contact the School Health Service Telephone: 01252 335653/4.