

NEW BABY & PARENT RESOURCES

NHS
Central London
Community Healthcare
NHS Trust

Welcome to the CLCH health visiting service

Your health visiting team is made up of health visitors, staff nurses, community nursery nurses and our single point of access (SPA) admin teams.

Together they provide the health visiting service to all families living in our boroughs with children from pre-birth to when they start school.

Our role is to support you to best meet the health and developmental needs of your baby through providing evidence based advice and support. This includes supporting parents with emotional health and wellbeing.

Please follow this link <https://clch.nhs.uk/services/new-baby-and-parent-resources> to see key information about you and your baby's health.

Topics include:

Infant feeding—including local resources

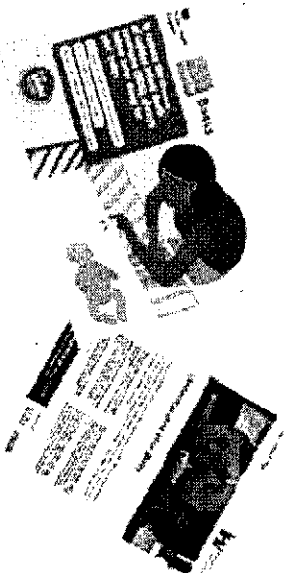
Safe sleep

Parental emotional health

Immunisations

Vitamins and Healthy Start

Top tips for parents



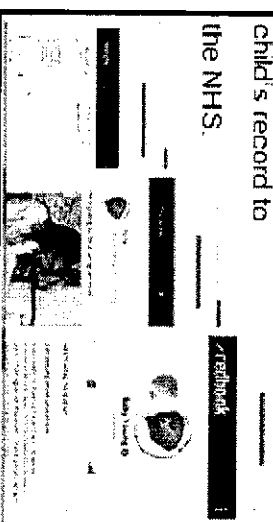
eRedbook

Access the eRedbook via our website <http://s://clch.nhs.uk/services/new-baby-and-parent-resources> or www.eredbook.org.uk or

by downloading the eRedbook app.

The eRedbook is a free digital health record that supports your child's paper red book.

Register using NHS login then ask your health visiting team to connect your child's record to the NHS.



Your Health Visiting team is the Richmond 0-19 Service

Contact the team on: 0330 058 1679

or email: clcht.0-19wandsworthandrichmondadmin@nhs.net

New parent checklist:

Register your baby's birth

Register your baby with the GP

Register for the eRedbook at <https://www.eredbook.org.uk/>

Book your 6-8 week health visiting review (maternal mood and infant feeding)

Book your 8 week contact with the GP (growth and physical health)

Book your baby's immunisations: 8 weeks 12 weeks 16 weeks

Register with your local Children's Centre

We want to hear from you...

We value both positive and negative feedback as we strive to deliver the best possible services for you.

We welcome comments, compliments, concerns and complaints.

Where possible, we encourage staff to resolve issues or concerns locally. Where this is not possible you can contact our Patient Advice and Liaison Service (PALS) on Freephone **0800 368 0412** or via email clchpals@nhs.net

PALS office hours: 9am—5pm Monday to Friday

In your baby's first year we recommend you weigh your baby at:

Before 3 weeks of age with the health visiting team

At 8 weeks with your GP during their check

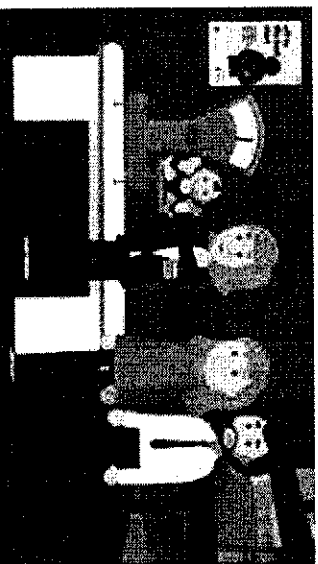
At 12 weeks with the health visiting team

At 16 weeks with the health visiting team

At 8 months with the health visiting team

At 12-15 months with the health visiting team

Lengths and head circumferences are not routinely completed.



Well Baby Health Clinics

All Enquires : 0330 058 1679

LOCALITY: Richmond, Ham, Kew, Sheen, Barnes and Mortlake	LOCALITY: Twickenham, Whitton, Teddington and Hampton
VENUE	VENUE
CLINIC DAYS/TIMES	CLINIC DAYS/TIMES
<u>APPOINTMENT ONLY</u> Centre House 68 Sheen Lane , East Sheen SW14 8LP	<u>DROP IN</u> Heathfield Children's Centre Powder Mill Lane Twickenham TW2 6EX
TUESDAY 09.30 – 11.30	MONDAY 14.00 – 15.30
<u>DROP IN</u> Ham Children's Centre Ashburnham Road, Ham TW10 7NF	<u>DROP IN</u> Teddington Health & Social Care Centre 18 Queens Road Teddington TW11 0LR
TUESDAY 14.00 – 15.30	MONDAY 14.00 – 15.30
<u>DROP IN</u> North Barnes Children Centre at Lowther Primary School, Stillingfleet Road, SW13 9AE	<u>DROP IN</u> St Johns Health Centre Oak Lane Twickenham TW1 3PA
FRIDAY 09.30 – 11.00	TUESDAY 09.30 – 11.00
Drop in clinics - Do not arrive after the clinic is closed as you won't be seen Appointment clinics are bookable by ringing 0330 058 1679	<u>APPOINTMENT ONLY</u> Tangley Park Children's Centre 1 Bramble Lane Hampton TW12 3XB
	WEDNESDAY 09.30 – 11.30

Please remember to bring your red book and a change of nappy with you to clinic