



Children's Public Health 0-19 Nursing Service

What to expect at your antenatal appointment

We will talk about:

- Your health and well being
- Your baby's health and development
- Who and where you can go to for support



Getting to know your Children's Public Health 0-19 Nursing Service

While you are pregnant your Midwife will be your main contact.

Once your baby is born your Children's Public Health 0-19 Nursing Service will be there to support you.

The team is made up of Health Visitors and Family Nurses who are nurses

and who have had specialist training in working with children and families to assess and support their health and development needs.

We also have Registered Nurses and skilled support staff who can help you with your child's development and a healthy lifestyle.

We work with every family in Nottingham City and will offer you and your child at least the following appointments:

- Antenatal between 28 and 32 weeks of pregnancy
- New Birth Review when your baby is 10-14 days old
- Breastfeeding support
- 6-8 Week Review
- 9-12 Month Review
- 2-2½ Year Review
- A School Ready Review from when your child is 3½ years old
- The National Child Measurement Programme where we measure the height and weight of every child in Reception and Year 6

We will continue to support, when needed, throughout your child's school years

Your antenatal appointment

We would like to offer you this appointment to get to know you before your baby is born and things get really busy!

We know that pregnancy can be an exciting time but that you may also have worries or questions that we can help you with.

Your partner, or anyone who supports you, is very welcome to be with you.

What will the Health Visitor or Family Nurse talk to you about?

- Your feelings about your pregnancy
- Looking after yourself and your baby
- Your relationships and support
- Changing family life
- Your labour and your baby's birth
- Caring for your baby
- Feeding your baby

