

Tel: 0300 123 7572

Dear Parent/Carers,

You will have received this letter because your or your baby/child is due a routine contact from the Public Health Nursing Team (Health Visitors).

As you will know, the UK is currently dealing with the impact of the Covid-19 pandemic. The NHS across England is now having to change the way that healthcare is delivered so that services can concentrate on treating and caring for patients who are in most need.

Because of this situation, all of the community services we provide at HCT are changing so that staff can support the local response to Covid-19. This is a clear instruction to us from NHS England. It means we have had to postpone treatments and appointments for conditions that are not urgent or do not represent a risk to someone's life.

Therefore, for the foreseeable future we will not be able to provide:

- Routine 6-8 post-natal maternal wellbeing contacts
- Routine 10-12 month Developmental reviews
- Routine 2- 2.5 years developmental reviews
- All baby Clinics and Group work

Services which will continue:

- There is a team of Health Visitors on duty every day, who are here to support you with any concerns you may have about your baby/child's/children's health and development, as well as your own wellbeing.

Please contact us on 0300 123 7572 duty line for all queries.

(Open 08:00 hrs – 17:00hrs, Monday – Friday)

- New Birth Contacts
- Contact families moving into Hertfordshire
- Support for vulnerable families

Please stay at home and stay safe.

Thank you for your understanding,

Your local Health Visiting Team



Websites and Apps you may find useful

- Babybuddy App: <https://www.nhs.uk/apps-library/babybuddy>
- iHV: <https://ihv.org.uk/families/parenting-through-coronavirus-covid-19>
- Getting to know your baby: <https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/relationship-building-resources/importance-of-relationship-building-video/>

Skin to skin is a wonderful way to meet your baby for the first time and has many benefits for you and your baby. This link explains more:

- <https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/relationship-building-resources/meeting-baby-for-the-first-time-video/>

Feeding your baby

Breastfeeding has many health benefits for you and your baby, helping to develop your baby's immune system and reduce their risk of illness.

These links have videos and information about breastfeeding and expressing:

- <https://www.nhs.uk/conditions/pregnancy-and-baby/benefits-breastfeeding/>
- <https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/breastfeeding-resources/best-beginnings-videos/>
- <https://www.nhs.uk/start4life/baby/breastfeeding/how-to-breastfeed/latching-on/>
- <https://www.nhs.uk/start4life/baby/breastfeeding/expressing-and-bottle-feeding/expressing-breast-milk/>

This link has information about formula feeding:

- <https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/bottle-feeding-resources/>

Mental health and wellbeing

Having a baby can be a challenging time and can impact on both mothers and their partners/loved ones.

- <https://www.nhs.uk/conditions/post-natal-depression/symptoms/>