



LONDON BOROUGH OF
MERTON



HEALTH VISITING 0-5



MERTON HEALTH VISITING

Merton health visiting teams work with mothers and fathers, their families, and community groups to promote the health and wellbeing of children and reduce inequalities from the antenatal period until a child starts school.

In most cases, the health visitor will take over care from the community maternity team 10 days after the birth. In some cases, the midwife may stay involved for up to 28 days and complete joint visits with the health visitor to ensure there is a smooth transition.

Health visitors will then support the family until the child starts school and will deliver key health and development assessments throughout the child's first 2 years. They will also help parents learn and develop skills required to bring up their children giving the next generation the best start in life.



0-5 MANDATED CONTACTS

Throughout the child's first 2 years, the health visitor will complete key health and development assessments. These are important as they assess the child's health and development. There are 5 mandated contacts but if concerns are raised more appointments can be scheduled.



0-5 MANDATED CONTACTS

Targeted Antenatal contact

During pregnancy, the health visitor will complete a health-promoting contact which explores safe sleeping, smoke-free pregnancy, breastfeeding, immunisation status and maternal & partner mental health. For families where there are no concerns, this will be in the form of a letter with links to videos and webpages.

New Baby Review

10 – 14 days following the birth, the health visitor will visit. This contact allows parents to gain information and advice on safe sleeping, breastfeeding, immunisations, baby's development and own emotional health and wellbeing.

6-8 Week Review

When a baby is 6-8 weeks, the health visitor will complete another check. This again gives parents a chance to ask questions about their baby's development and gain advice, including breastfeeding and returning to work. The GP will also arrange to complete a thorough physical examination of the baby and provide information about immunisations.

0-5 MANDATED CONTACTS

One Year Health Review

One year reviews are a chance for the parents and the health visitor to see how the baby is developing in each of the Ages and Stages ASQ five developmental areas: Communication, Gross fine motor skills, Fine motor skills, Social and Emotional and Problem-solving.

This review is designed to pick up any concerns about the baby's health and development and support with access to other services for further support if required.

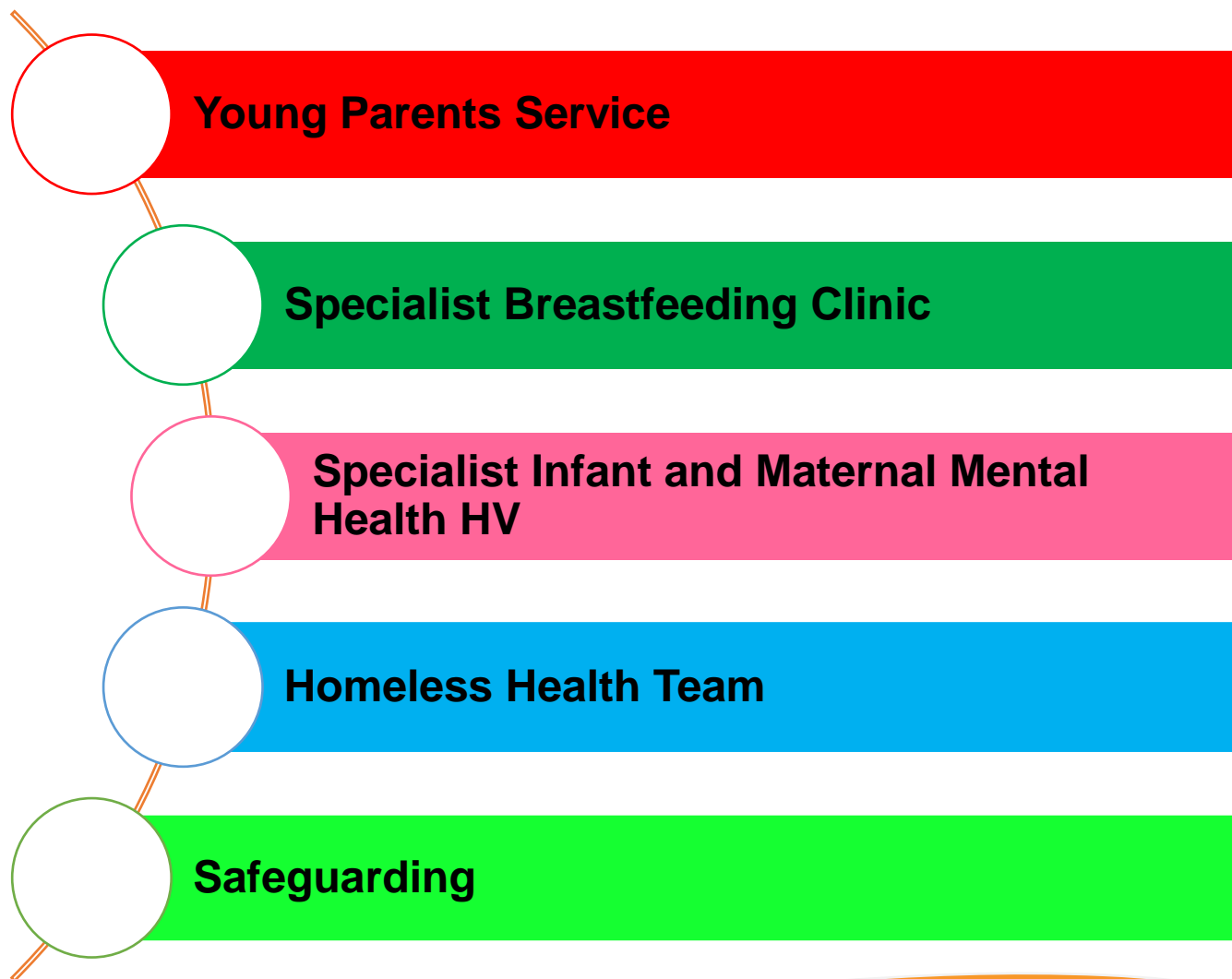
Two Year Health Review

Two year reviews are another chance for parents and the health visitor to see how the child is developing in each of the Ages and Stages ASQ five developmental areas: Communication, Gross fine motor skills, Fine motor skills, Social and Emotional and Problem-solving.

This review is again designed to pick up any concerns about the child's health and development, support families with preparing for nursery and support with access to other services for further support if required.



ENHANCED HEALTH VISITING OFFER



ENHANCED HEALTH VISITING OFFER

Young Parents Service

All young parents under 19 / under 24 years with 3 or more vulnerabilities receive 1-2-1 home visiting support every 4 weeks from conception until the child's 2.5yr birthday.

Specialist Breastfeeding Clinic

There are 3 specialist breastfeeding clinics which take place weekly at Merton Children centres. Monday's – Newminster, Wednesday's - Church Road and Thursday's - lower Morden.



ENHANCED HEALTH VISITING OFFER

Specialist Infant and Maternal Mental Health

Specialist support can be offered to mothers who are struggling with their mental health and parenthood.

Homeless health team

Support is offered to refugee families living at the Holiday Inn, families living in temporary accommodation and the traveller community.

Safeguarding

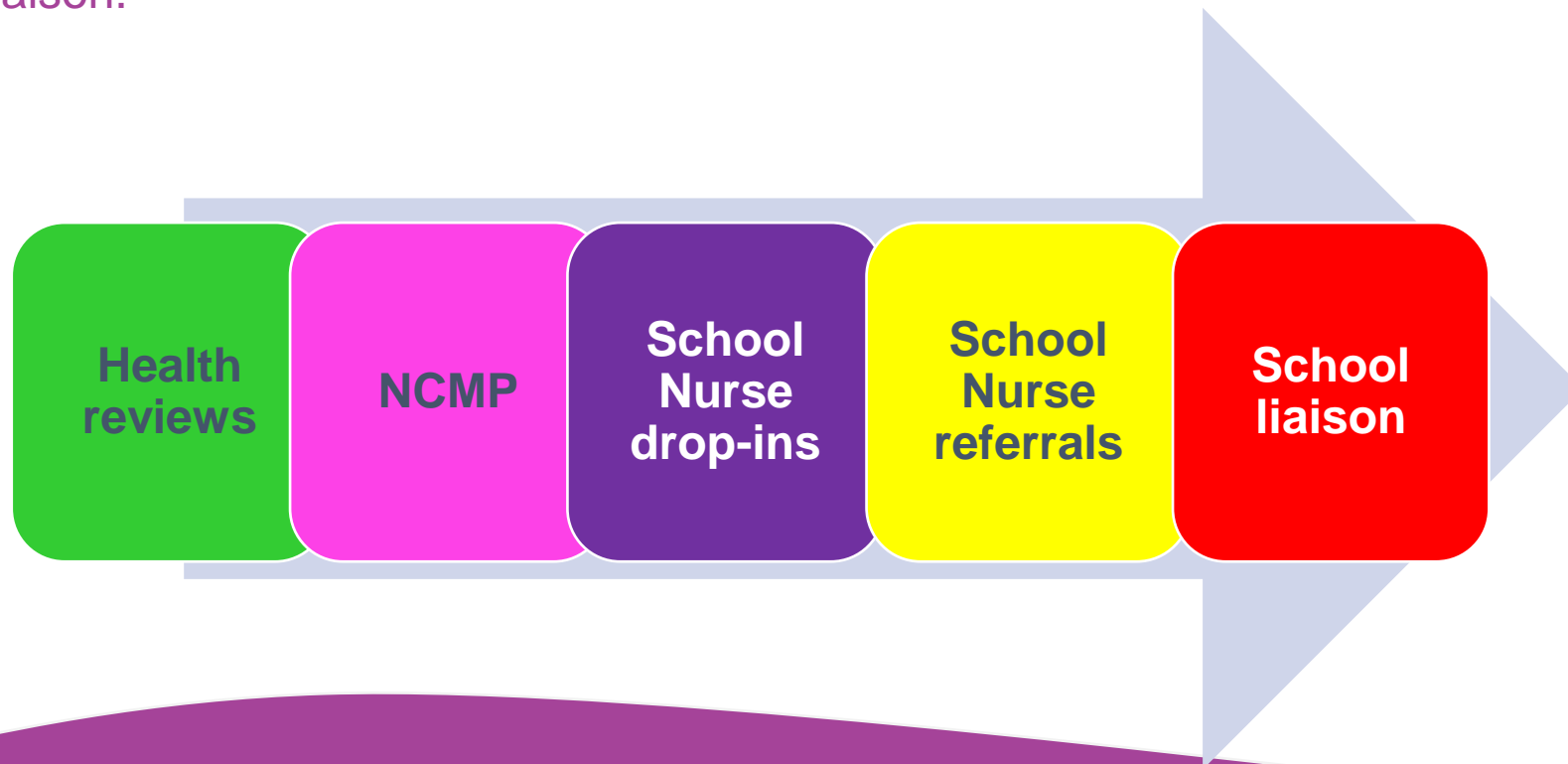
Health Visitors will also support families with children 0-5 who are subject to Children in Need (CIN) and Child Protection (CP) plans.

The family will be seen every 4 weeks if on a Child Protection plan and every 3 months if on a Child in Need plan.

SCHOOL NURSE

The School Nursing Team take over the care when a child turns 5 or starts school.

The School Nurses offer includes health reviews, school height and weight checks through the National Child Measurement Programme (NCMP), school nurse drop-ins, school nurse referrals for further support and school liaison.



MERTON 0-19 INTEGRATED SINGLE POINT OF ACCESS (SPA)

If parents have concerns about themselves or their baby/child they can contact the Merton 0-19 Integrated Single Point of Access (SPA) and speak to a health professional who will be available to offer help and support.

0330 053 9264 (Monday - Friday, 9am to 5pm)

Further information about Merton's 0-19 Offer can be found at:

[Central London Community Healthcare NHS Trust](#)
[New baby and parent resources](#)



FURTHER SUPPORT



[Children's centres](#) / [Merton Libraries Events](#)

Merton children's Centres offer a range of programmes to provide support for families around language and communication, learning, behaviour and emotional wellbeing, including for families with children with SEND. Merton libraries also have events for children under 5, including story time, rhyme time and oral health sessions.



[Home-Start Merton](#)

Home-Start Merton enables families experiencing stress or difficulties to meet the needs of their children from conception to five years old. Home-start Merton offers one-to-one practical support, group sessions and counselling support. Professional and self-referrals accepted. 0208 646 6044 / admin@homestartmerton.org



[Merton Growbaby](#)

Merton Growbaby provides quality clothing and equipment for babies and children – and other support based on local needs – for free, regardless of income, faith or background. Self-referrals accepted. mertongrowbaby@gmail.com



FURTHER SUPPORT

ONE YOU MERTON

[One You Merton](#)

One You Merton supports Merton residents to eat well, move more, stop smoking and drink less. One You Merton also provides lots of useful information and advice on sleep hygiene to support wellbeing and offers a free one-to-one support helpline - 020 8973 3545 (Monday to Friday, 9am to 5pm)



[The Sleep Charity](#)

The sleep charity provides lots of useful information on sleep for babies, including sleep tips. Some of the sleep tips include, feeding around 45 minutes before sleep time and not in the bedroom environment, keep the room temperature cool and make the environment look different at night-time.



Healthier Together

[Healthier Together](#)

Healthier Together provides lots of information on oral health for babies, including, accessing dental services, dummies and thumb sucking, feeding, teething and toothbrushing. Some of the tips include checking the ingredients on the toothpaste packaging to make sure it contains no less than 1000 ppm fluoride, and never sucking a baby's dummy to 'clean' it as this will spread germs to the baby.



FURTHER SUPPORT



[0-5 Mental Health Team](#)

Merton 0-5 Primary Mental Health Team provides assessment and treatment for children under 5 years experiencing emotional and/ or behavioural difficulties and where they may be presenting with trauma, attachment and bonding difficulties. Referrals can be made by any professional working with the child using the Single Point of Access referral form. MertonSPAreferrals@swlstg.nhs.uk



[Healthy Start](#)

The NHS Healthy Start scheme provides eligible parents help to buy food and milk. Eligible parents who are more than 10 weeks pregnant or with a child under 4, can apply and be sent an NHS Healthy Start card with money on it that can be used in UK shops that accept Mastercard payments and sell eligible items. The card will be topped up every 4 weeks, to the value of between £4.25-£8.50 per child. The card can be used to buy plain liquid cow's milk, fresh, frozen, and tinned fruit and vegetables, fresh, dried, and tinned pulses and infant formula milk based on cow's milk. The card can also be used to collect free Healthy Start vitamins and vitamin drops for babies and young children. 0300 330 7010 / healthy.start@nhsbsa.nhs.uk



[Me, You & Baby Too](#)

Me, You and Baby Too is an online resource for expectant and new parents to help them think about how their relationship will change and be different and how they can support each other around those changes.




MERTON LOCAL DIRECTORIES

Merton Local Directories are great resources to keep up to date with activities and services available for children, young people and adults in Merton.

[Merton Local Directories](#)

Welcome to Merton Local Directories

Support, services, advice and things to do

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|  <p>Family Services Directory</p> <p>Support and information for expectant parents and families with children and young people aged 0-19.</p> <p>Activities and leisure Childcare and education Community groups and places Family support and parenting Health and wellbeing Information, advice and support</p> <p>See more</p> |  <p>SEND Local Offer</p> <p>Support for children and young people with special educational needs and disabilities aged 0-25.</p> <p>Activities and leisure Education and childcare Employment and training Health Preparing for adulthood Social care</p> <p>See more</p> |  <p>Young Merton</p> <p>Support for care leavers moving into adulthood and independent living aged 16-25.</p> <p>Education and learning Have a say. Get involved Keeping safe and healthy Local offer for care leavers Things to do Work, money and living</p> <p>See more</p> |  <p>Adult Support Services Directory</p> <p>Support for adults on employment, education, health, housing, financial advice and things to do in the community.</p> <p>Activities and leisure Health and wellbeing Housing matters How to access help Keeping safe Money matters</p> <p>See more</p> |  <p>Family Hubs Directory</p> <p>Connecting families and young people with access to help, when and where they need it.</p> <p>Family Voice Home life, finances and staying safe Keeping your family healthy Play, youth and family learning SEND support (Special educational needs and disabilities) Start for Life</p> <p>See more</p> |
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MERTON FAMILY HUB FACEBOOK

Merton Family Hub's Facebook page is also a great place to keep up to date with information and services available.

[Merton Family Hub Facebook](#)

Follow us!



FURTHER SUPPORT

Families can receive further information on child development and activities available throughout the borough for under-fives through the Family Information Support Hubs (FISH).

FISH provides parents/carers with information, support and guidance on all aspects of family life.

FISH sessions take place Monday – Friday with FREE face-to-face or telephone appointments available. Appointments can be booked via [Eventbrite](#) either by a parent/carer or a practitioner on their behalf.

Or parents/carers can come along to one of the FISH drop-in sessions (no appointment needed):

Family Hub at Church Rd Children Centre – Mondays, 1.30pm-4.30pm
Family Hub at Acacia Children Centre – Wednesdays, 9.00am-12.00pm

