

## Understanding the Role of a Child Health Nurse



### Highlights

Once you're home with your newborn, a child health nurse can provide essential support. They monitor your baby's growth, development, and overall well-being. These nurses answer questions, offer parenting advice, and ensure your baby is meeting key milestones.

Most families have between 5 and 10 health visits from birth until school age. Child health nurse services are usually free for families with young children.

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Schedule of Health Visits

Cost of Services

Tools And Assistance

### Role of a Child Health Nurse

## **Initial Contact with a Child Health Nurse**

### **Services Provided by a Child Health Nurse**

Regular check-ups to monitor growth and development

Advice on: Breastfeeding techniques Sleep routines Baby hygiene Immunization schedules

Breastfeeding techniques

Sleep routines

Baby hygiene

Immunization schedules

Support for parental well-being, including emotional health

Referrals for postnatal anxiety or depression

Parent group invitations for networking and shared experiences

Breastfeeding techniques

Sleep routines

Baby hygiene

Immunization schedules

### **Typical Visit with a Child Health Nurse**

Crawling and walking milestones

Toilet training guidance

Encouraging play and social skills

Managing tantrums and emotional regulation

Speech and language development

### **Topics to Discuss with a Child Health Nurse**

#### **Schedule of Health Visits**

#### **Cost of Services**

#### **Tools And Assistance**

Parenting helplines - Provide guidance and reassurance on feeding, sleep,

behavior, and general baby care. Available via phone or chat in many regions.

Early parenting centers - Offer structured programs and short-term residential stays for parents needing support with issues like sleep routines, settling techniques, or feeding challenges.

Infant feeding consultants - These professionals help parents who are breastfeeding, formula-feeding, or transitioning between feeding methods. Support is tailored to the needs of both the baby and the parent.

Community mother and baby groups - Local meet-ups or programs that allow parents to connect, share experiences, and build confidence in a supportive setting.

Postnatal mental health services - Provide counseling and therapeutic support for parents dealing with anxiety, depression, or emotional stress after birth.

Mobile health apps - Many parents use apps to track feeding, sleep, growth, and developmental milestones. Some also include tips and expert advice on newborn care.