

UNIVERSAL HEALTH HOME VISITING – WHAT TO EXPECT

Having a new born baby is a very exciting time for families. There are many new things you need to learn about including baby's sleep and feeding patterns, baby health checks, immunisations, baby movement and more.

Child and Family Health Nurses (CFHN) are specially trained to assist families navigate this journey following birth and until your child goes to school ready to learn.

Mothers in NSW are offered a Universal Health Home Visit (UHHV) within the first 1-4 weeks after the birth of their baby. The UHHV is a comprehensive health check of your baby and you. This takes place over a number of visits until the baby's 6-8 week check. The visits can be provided at home or clinic.

This a good time for parent/s and the nurses to get to know each other and talk about any concerns. Topics of discussion over these visits may include:

Health and safety

- Feeding your baby – including breastfeeding
- Safe sleeping and reducing the risks of Sudden Unexpected Death in Infancy (SUDI)
- Immunisations
- Safety - including baby carriers, slings and pouches
- Growth

Development

- Crying
- Comforting your baby
- Talking to your baby – communication, language and play



Family

- Use the 'Personal Health Record' (Blue Book)
- The role of the Child and Family Health Nurse, GP and other health professionals
- Parents' emotional health
- Mother's general health – diet, rest, breast care, exercise, oral health
- Parent groups and support networks
- Smoking risks for infants and children
- Work/childcare

Health assessment will also be completed for the following:

- Weight, length, head circumference
- Fontanelles, eyes (observation, corneal light reflections, white pupil)
- Cardiovascular (doctor only)
- Umbilicus
- Femoral pulses
- Hip test for dislocation
- Testes fully descended R/L
- Genitalia
- Anal region
- Skin
- Reflexes

Next steps

- Book next milestone check-up and immunisations at the CFHN clinic
- Contact CFHN for any child development questions or concerns which can be addressed over the phone or clinic appointments scheduled.
- Search for HNEKIDS Community Based Services to find your local Child and Family Services.



Health
Hunter New England
Local Health District



HNEKIDShealth
Children, Young People & Families



Healthy Beginnings for HNEKIDS acknowledge the traditional custodians of the land on which we work, live and gather, recognising their continuing connection to land, water and community.

We pay respects to Elders past, present and emerging, as well as Aboriginal people who have provided valuable guidance to the development of this project.