



**26<sup>th</sup> April 2024**

**Healthy Child Team Partner Briefing – Growth Measurement.**

This briefing is intended to support colleagues understanding of the role North Yorkshire Harrogate and District Foundation Trust (HDFT) 0-6 Healthy Child Service has in the weighing and measuring of babies and young children.

The North Yorkshire HDFT 0-6 Healthy Child service provides a universal health promoting service to all children and their families through the delivery of the mandated health reviews.

The health reviews include contacts for:

**Antenatal** – occurs post 28 weeks of pregnancy and covers a holistic assessment of the needs of both mother and father looking at the following: mental health and wellbeing of both parents, transition to parenthood, promoting key public health topics.

**New Birth Review** – occurs at 10-14 days and is a face-to-face contact. The assessment of the baby includes a top to toe examination, but this is not a medical examination. The visit is focused on general growth, development, and wellbeing. A baby will be weighed during their first 2 weeks to make sure they're regaining their birthweight. Most babies are at, or above, their birthweight by 2 weeks. A Health Visitor will support the family if a baby loses a large amount of weight or does not regain their birthweight by 2 weeks.

**6–8-week review** - This visit is delivered either face to face or as a virtual contact. If the contact is face to face, then a weight measurement would be taken. If concerns are raised during a virtual contact regarding feeding and weight loss, then a weight would be taken following the virtual contact. This would be via a skill mix team.

**9–12-month review** - This visit is delivered either face to face or as a virtual contact. If the contact is face to face, a weight measurement would be taken. If concerns are raised during a virtual contact regarding eating and weight loss/gain, then a weight would be taken following the virtual contact. This would be via a skill mix team.

**2-2.5-year review** – this visit occurs before the child reaches 2-year 6 month and will be a face-to-face visit. An Ages and Stages Questionnaire will be forwarded to parents prior to the visit.

The child will have their height and weight done to determine their Body Mass Index along with a development review. The visit will be delivered by “the skill mix team”.

At each review if the Health Visiting Service assess a family as having an additional need that they can support with, as a skill mixed team they will then visit those families in addition to the mandated contact. For example, regarding; maternal mental health, breastfeeding, sleep. This would be a time limited intervention. If the family are working with partner agencies the Health Visiting team may get involved in multi-agency working concerning health needs identified following the 0-6 Healthy Child Service assessment process.

However, if any agency has identified a clinical need be that, acute, community or primary care that requires regular measurements to be undertaken for their service need/responsibility then this needs to be completed within the resource available to that service and a request to the 0-6 service should not be made. These measurements are not a practice the 0-6 HDFT Healthy Child Service will undertake outside of face-to-face mandated contacts.



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