



The role of Health Visitor and pregnancy women

Health Visitor has an important role in the lives of new mothers, the role is to supervise the physical and emotional state of the mother and child. Health Visitor has the right to receive information from midwife regarding the mother medical history. So, at the time of the visits to her at home she already knows her history. Over the years studies have demonstrated the importance of caregivers in the lives of mothers especially of mothers who have their first child, the study demonstrating the reduction of the risks of violence against new-borns as well as the risk of attacking their own person **Case, C., (no date)**.

Regular visits of the Health Visitor help me understand that small mistakes and reactions are natural and normal. The experience teaches me that every child is different, reacts differently to medications to the sleep schedule or during the period of food diversification. As a mother I understand that you cannot fail if you have created a correct mother-child connection. In the personal experience Health Visitor had an important role in my life as a new mother. As a mother with no

experience or familiar support in childcare, I found myself put in a situation that my child was in dire need of my understanding. The child had given birth with a less common syndrome, that of not making the difference between night and day. What does that mean? For 2 and a half years he doesn't make difference between day to night he could not sleep more than 30 minutes...

Many mothers after birthing their child have stated that, this experience has created states of fear and distrust regarding the way care of the child. It has been shown that most cases with mothers who have experienced states of anxiety generally occur in mothers who have their first child, due to lack of experience in caring for new-born

Corrigan, C. P., (2015).

Going through this experience in turn, I can say that although I had documented enough of other mothers' experience in terms of childcare. My personal experience had created my fear that maybe I wasn't doing the right things **Allen L, (2015).**

Regardless of the statistics, for the women who go through these experiences, there can be a long-lasting impact on their lives. Birth trauma is not that difficult to treat, but it is very difficult for women and partners to access appropriate support, **Sarah Griffiths, (2019).**

All this situation pushing me towards states of fear, physical and mental exhaustion. During this period, I was periodically visited by the health visitor constantly receiving guidance from her. Guidance in what I need to do help to improve my child sleep program time, schedule and mine, beneficial tips for a best diversifying food for child as well as eating my healthy alimentation to.

Health Visitor has the role of making regular visits at home to new mothers, giving them advice and moral support necessary in the healthy growth of the child as well as monitoring the difficulties of the new-borns., **Health Careers, (2019).**

Health Visitor also aims to follow in the footsteps of the "Healthy Children's Program", which is aimed at children's oral health in

England, the percentage of 5-year-olds was discovered with tooth decay, reaching a percentage of 23.4% in this age group. Also, another percentage of 46% being discovered in children of 8 years. **West, R., (2021).**

A study by Peckover **Sue P. (2019)** reports the economic impact of performing home consultations by health visitors. On the other hand, it highlights the importance of their regular visits, especially in the case of vulnerable families, their supervision bringing a great benefit in protecting the child and the families.

Reference:

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