

# Appendix A – Health Child Programme High Impact Areas

The High Impact Areas provide an evidence-based framework for those delivering maternal and child public health services and are central to the health visitor delivery model. The 6 high impact areas for child up to 5 years of age are:

- supporting transition to parenthood and the early weeks
- supporting maternal and infant mental health
- supporting breastfeeding (initiation and duration)
- supporting healthy weight and healthy nutrition
- improving health literacy; reducing accidents and minor illnesses
- supporting health, wellbeing and development: Ready to learn, narrowing the 'word gap'.