Karen Moss
PRIVATE HEALTH VISITOR

Expert support.
For you and your family.

Private 1:1 health visiting support in the comfort of your own home, tailored around your family's needs.



SCAN HERE

MY VISITING FEES

£160
HOME VISIT

A compassionate appointment tailored to your needs, including:

- Full comprehensive review
- Written report
- Personalised care plan
- Follow-up telephone call

£95
ESSENTIALS HOME VISIT

A focused 45 min appointment centred around one specific area of concern or support.

£415
FIRST YEAR PACKAGE

Ongoing support through your baby's first year, including:

2 x 1-hour home visits

2 x 45-minute home visits

About Karen



Registered Nurse (Child) – 2000

Specialist Community Public Health Nurse (Health Visitor) – 2013

Registered with the Nursing & Midwifery Council (NMC)

25+ Years in Paediatrics

THIS IS YOUR TIME.

Every visit is tailored to what you and your family need.

Whether you need practical support with your baby while you rest, an extra pair of hands with twins or multiples, or simply some time to talk through your questions and concerns — I'm here to help.

I also offer small group sessions with friends on topics such as introducing solids and baby weighing.

You don't need to have a specific concern to book.
Sometimes, having a professional check-in and reassurance is all you need.

ANTENATAL SUPPORT

Prepare for your baby's arrival with practical support and reassurance.

Sessions may include:

- Building rapport and outlining postnatal support services
- Infant feeding intentions and recognising feeding cues
- Safe sleep guidance
- Home safety and preparation
- Maternal and paternal physical and emotional wellbeing
- Planning your postnatal support network
- Managing visitors and setting realistic expectations
- Understanding the role of your Health Visitor after birth

POSTNATAL SUPPORT

Comprehensive support for your baby's health, development and your family's wellbeing.

Growth & Development
Growth reviews & developmental reviews from birth to five years

Infant Feeding & Nutrition
Breastfeeding, bottle feeding, expressing and introducing solids.

Sleep & Settling
Support with sleep patterns, settling, crying and unsettled behaviour.

Health & Wellbeing
Your baby's health alongside your own physical and emotional wellbeing.

Specialist & Additional Support
Support for multiple births and other individual family needs.

IVF SUPPORT

Compassionate support through your fertility journey.

Drawing on both professional experience and personal insight, I understand the emotional and physical challenges of fertility treatment.

Support is available in a compassionate and non-judgemental space, including:

- Emotional support and listening visits
- Guidance to build confidence with injection techniques
- Support preparing for fertility-related appointments
- Support attending fertility-related appointments

If you would like tailored support during your IVF journey, please get in touch.

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