



#healthanddevelopment  
#publichealth5-19service



# HEALTH & DEVELOPMENT FACTSHEET

This factsheet will provide you with some top tips about understanding your child's health and development as well as links to lots of useful websites.

## TOP TIPS ABOUT HEALTH & DEVELOPMENT:

The early years of a child's life are very important for their health and development. Healthy development means that children of all abilities, including those with special health care needs, are able to grow and reach their full potential.

Remember that children develop at their own pace, so it's impossible to tell exactly when a child will learn a given skill but some of the tips below and websites links should help you to have a rough idea of what to expect.

Remember if your child is not meeting the milestones for his or her age, or if you think there could be a problem with your child's development, talk with your child's doctor and share your concerns. Don't wait!

**Tip 1:** Try not to over compare your child to their siblings, friends or peers as all children grow and develop at different rates. Enjoy your child.

**Tip 2:** Your child will not only inherit your behaviours and personality but also copy a lot of what they see and learn. Try to be aware of your own behaviours whilst thinking of ways that will help your child develop and grow into a healthy, independent teenager and adult.

**Tip 3:** Get involved with your child's school, attending parent's evenings and other opportunities to learn how your child is progressing. If you are worried, talk to your child's teacher.

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**Tip 4:** Do fun things together as a family to provide lots of new experiences and opportunities to see and interact with the world around them.

**Tip 5:** Spend time with your child and get to know them. As a family put away your phone and electronic devices and talk together about their friends, their achievements and new experiences. Recognise your child's accomplishments and show affection. Eating or exercising as a family is one of the best times to achieve this.

**Tip 6:** Make clear rules and boundaries. Be clear about what behaviour is ok and what is not ok. This will help your child develop their own sense of right and wrong.

**Tip 7:** Children are more susceptible to minor ailments due to their developing immune system. Usually this should clear up within 2 weeks but if it continues or keeps coming back causing them to miss a lot of school then speak to your doctor.

**Tip 8:** Get your child vaccinated.

**Tip 9:** Tell your doctor or nurse if you are at all worried about your child's physical or emotional development, their ability to learn or their health.

## VISIT THESE USEFUL WEBSITES

[www.nhs.uk](http://www.nhs.uk)

Lots of different information and guidance on children's health and illnesses and development.

[www.nhs.uk/conditions/vaccinations/pages/vaccination-schedule-age-checklist.aspx](http://www.nhs.uk/conditions/vaccinations/pages/vaccination-schedule-age-checklist.aspx)

Childhood vaccination schedule and information.

[www.nhs.uk/Livewell/Childhealth6-15/Pages/Childhealth615home.aspx](http://www.nhs.uk/Livewell/Childhealth6-15/Pages/Childhealth615home.aspx)

Information and advice on the health of children aged 6-15.

[www.patient.co.uk](http://www.patient.co.uk)

Free health information links to useful sites and leaflets for you to learn more about Child health.

<http://www.talkingpoint.org.uk/>

Useful information about children's developing communication.

<https://www.nhs.uk/Livewell/family-health/Pages/family-health.aspx>

Information and advice on family health