

My personal child health record

My name

My NHS number

My date of birth

My photo

If this book is found please return to:

Somewhere Healthcare

NHS Trust



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How to use the Personal Child Health Record

This is your child's personal child health record. It is the main record of your child's health, growth and development. You can use it to record details of your child's health and there are pages where you can note your child's developmental firsts. You may find it useful to write things down in the notes pages. For example, this could be something you want to remember about your child, some advice you have been given or something you want to ask a health professional. It is for **you** – and the other people who care for your child – to be able to see and to write in, so we ask you to keep it in a safe place.

Bring this book with you whenever you visit:

- your midwife
- your health visitor
- your family doctor
- the children's centre
- the child health clinic
- a hospital emergency or outpatients department
- if your child is admitted to hospital
- a therapist (eg speech and language therapist)
- the dentist
- the school nurse
- any other health appointment

You may like to show it to other carers of your child such as

- childminder
- playgroup leader
- nursery school teacher
- primary school teacher
- anyone else who helps you care for your child.

Parents/
Carers



The pencil shows
sections for you to
write in useful
notes or details.

The Healthy Child Programme

The Healthy Child Programme is a series of health and development reviews, screening tests, immunisations and information to support you, as parents or carers, to give your child the best start in life. The Healthy Child Programme is delivered by the healthy child team, led by a health visitor who will work closely with other health professionals e.g. your GP practice, midwives, and school nurses. A record of these contacts will be made in this book.

Every parent can expect the following as a minimum:

- Soon after birth: full physical examination
- 5-8 days: heel prick blood spot test
- 10-14 days: new baby review
- In first month: hearing test
- 6-8 weeks: full physical examination
- 8, 12, 16 weeks: immunisations
- By 12 months: health review
- 12-13 months: immunisations
- 2-2½ years: health review / Integrated review
- 3 years 4 months: immunisations
- 4-5 years: eye sight check
- School entry (reception class): Height, weight and hearing check
- 10-11 years: (Year 6): height and weight
- 12-14 years (Year 8): HPV immunisations (girls)
- Around 14 years (years 9/10): booster immunisations



An annual influenza vaccination programme is being introduced for all children aged 2- less than 17 years old.

For more information about the Healthy Child Programme visit *NHS Choices* <http://www.nhs.uk/conditions/pregnancy-and-baby/pages/baby-reviews.aspx>

Some of the early appointments will be made by your health visitor in your home. Others will be offered in your GP surgery, health centre, local clinic or Children's Centre. Some may not need a face-to-face contact. Health reviews for school aged children are usually done in school. The reviews are a chance to ask questions or discuss any concerns you may have. However, if you are worried about any aspect of your child's health or development, don't wait for the next review to discuss it. You can find information and advice on many minor health issues as well as on spotting the signs of serious illness at <http://www.nhs.uk/conditions/pregnancy-and-baby/pages/spotting-signs-serious-illness.aspx#close> Contact your health visitor or family doctor if you are still worried.





Child, family,
birth details
and local
information

How we handle information

We want to make sure that your child has the opportunity to have his/her immunisations and health reviews when they are due. We also want to be able to plan and provide any other services your child needs. Therefore, we enter some of your child's details from this record on to our computer system.

We treat this information as strictly confidential and only release it to:

- Yourself as parent(s)
- Your child's health care professionals, who work directly with your family.

This information may be used anonymously so that we can plan services for all children.

We will not normally release any information that could be linked to your child to any other person or organisation without asking your permission first. However, it is sometimes necessary to use this sort of information for audit purposes and public health reasons such as monitoring the effectiveness and safety of vaccines.

We are subject to the terms of the Data Protection Act 1998 in respect of personal data held by us. You have the right under the Act to ask to see details of the information held regarding your child.

Child's details

* Please place a sticker (if available) otherwise write in space provided.

Surname:

First names:

NHS number: Unit no:

Address: Sex: M / F

..... Post code: D.O.B.: / /

G.P: Code:

H.V: Code:

Mother's name: Date of birth: / /

Father's name: Date of birth: / /



Change of address *(including post code)*

1): Tel:

2): Tel:

3): Tel:

Named Midwife/Team

Name: Tel:

Family Doctor

1) Name: Address: Tel:

2) Name: Address: Tel:

3) Name: Address: Tel:

Health Visitor/Team

1) Name: Address: Tel:

2) Name: Address: Tel:

3) Name: Address: Tel:

Dentist

Name: Address: Tel:

Local information



Child health clinics

1) Name: Time: Tel:

2) Name: Time: Tel:

3) Name: Time: Tel:

4) Name: Time: Tel:

5) Name: Time: Tel:

Children's centre

.....

Baby/toddler & parents' groups

Name: Time: Tel:

Name: Time: Tel:

Playgroups

..... Tel:

..... Tel:

Nursery schools/classes

..... Tel:

..... Tel:

Other useful contacts

..... Tel:

..... Tel:

..... Tel:

..... Tel:

..... Tel:

Birth details & newborn examination – page 1 of 3

* Please place a sticker (if available) otherwise write in space provided.

Surname:

First names:

NHS number: Unit no:

Address: Sex: M / F

..... Post code: D.O.B:/...../.....

G.P: Code:

H.V: Code:

Place of birth:.....

Length of pregnancy in weeks:.....

Type of delivery:

Mother's NHS Number:

Problems in pregnancy, birth or neonatal period:

.....

.....

Admitted to Neonatal Intensive Care Unit?

Birth Weight:kg Length:cm (if indicated) Head circumference:cm Date:/...../.....

Consent: Consent given Declined

Newborn Examination

Item	Guide to Content	Results	Action Taken
Examination of hips	Barlow & Ortolani tests on both Check for DDH	Condition suspected Yes <input type="checkbox"/> No <input type="checkbox"/> If yes: Left <input type="checkbox"/> Right <input type="checkbox"/>	Referred Yes <input type="checkbox"/> No <input type="checkbox"/>
Examination of eyes	Includes inspection and red reflex	Condition suspected Yes <input type="checkbox"/> No <input type="checkbox"/> If yes: Left <input type="checkbox"/> Right <input type="checkbox"/>	Referred Yes <input type="checkbox"/> No <input type="checkbox"/>
Examination of heart	Includes colour, pulses, heart sounds, murmurs etc.	Condition suspected Yes <input type="checkbox"/> No <input type="checkbox"/> Pulse Oximetry Yes <input type="checkbox"/> No <input type="checkbox"/> performed	Referred Yes <input type="checkbox"/> No <input type="checkbox"/>
Testes	Look for undescended testes	Condition suspected Yes <input type="checkbox"/> No <input type="checkbox"/> If yes: Left <input type="checkbox"/> Right <input type="checkbox"/>	Referred Yes <input type="checkbox"/> No <input type="checkbox"/>

Risk factors present Yes No Risk factor details (if family history, state relative)

Date Performed:..... Performed by:..... Signature:.....

Birth details & newborn examination – page 2 of 3

* Please place a sticker (if available) otherwise write in space provided.

Surname:

First names:

NHS number: Unit no:

Address: Sex: M / F

.....Post code:D.O.B:/...../.....

G.P: Code:

H.V: Code:

First milk feed:
Breast Formula

Breastfeeding at discharge:
Totally Partially Not at all

Date of discharge:/...../.....

Newborn examination (contd)

Item	Guide to Content	Results	Action taken
Rest of physical examination	Includes: fontanelle, palate, spine, abdomen, urine system, passage of meconium etc.	Condition suspected Yes <input type="checkbox"/> No <input type="checkbox"/> If yes, details:	Referred Yes <input type="checkbox"/> No <input type="checkbox"/> If yes, details:
.....
.....
.....
.....
.....
.....

Newborn Bloodspot Screening Programme

Date blood taken / / (results and further details on page 31-32)

Birth details & newborn examination – page 3 of 3

* Please place a sticker (if available) otherwise write in space provided.

Surname:

First names:

NHS number: Unit no:

Address: Sex: M / F

.....Post code:D.O.B:/...../.....

G.P: Code:

H.V: Code:

BCG indicated: YES NO If YES please enter details on separate BCG page (18b)

Hepatitis B vaccine indicated: YES NO If YES please enter details on separate Hep B page (18a)

Vitamin K given: Date: Route:Further doses needed? YES NO

If YES:

Dose No.	Date due	Date given
2/...../...../...../.....
3/...../...../...../.....
4/...../...../...../.....

Follow-up required: No Yes GP Community Paediatrician Hospital Other:

Location/Clinic: Date:

Reason:

.....

.....

Important health problems



- 1: Date:
- 2: Date:
- 3: Date:
- 4: Date:

Specialist Clinics

- Name: Unit Number:
- Name: Unit Number:
- Name: Unit Number:

Special needs: (social, physical, educational, emotional)

- 1: Date:
- 2: Date:
- 3: Date:
- 4: Date:

Serious allergies and reactions to drugs or vaccines

- 1: Date:
- 2: Date:
- 3: Date:
- 4: Date:

Accidents or injuries needing medical attention

- 1: Date:
- 2: Date:
- 3: Date:
- 4: Date:

For advice on preventing accidents visit: Child Accident Prevention Trust www.capt.org.uk/safety-advice or NHS Choices <http://www.nhs.uk/conditions/pregnancy-and-baby/pages/safety-under-fives.aspx>

Family history



Parents: Mother's name: Date of birth:...../...../.....
Mother's educational level:
Father's name: Date of birth:...../...../.....

Are there any other children in the family?

Siblings name(s):
Sex:
Date of Birth:



Is there any family history of:

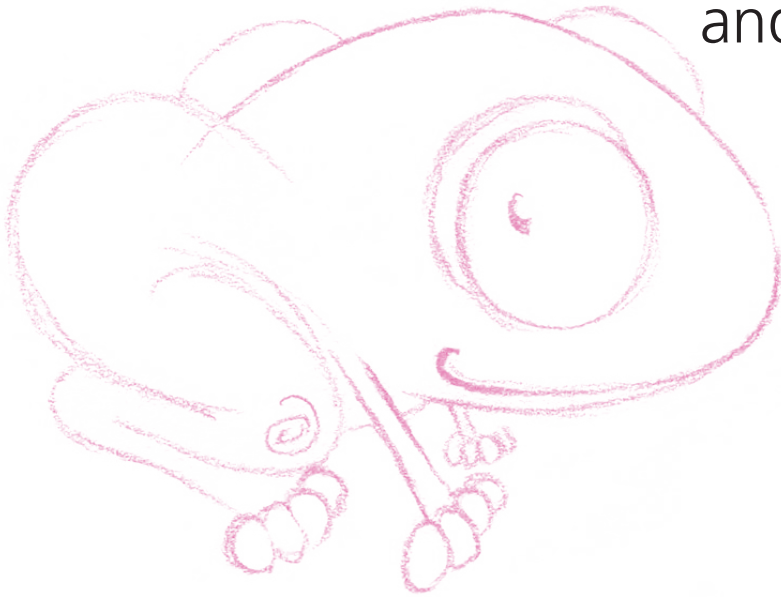
Yes **No** **Comments**

Childhood deafness	<input type="checkbox"/>	<input type="checkbox"/>
Fits in childhood	<input type="checkbox"/>	<input type="checkbox"/>
Eye problems in childhood	<input type="checkbox"/>	<input type="checkbox"/>
Hip problems in childhood	<input type="checkbox"/>	<input type="checkbox"/>
Reading and spelling difficulties	<input type="checkbox"/>	<input type="checkbox"/>
Asthma / eczema / hayfever / allergies	<input type="checkbox"/>	<input type="checkbox"/>
Tuberculosis (TB)	<input type="checkbox"/>	<input type="checkbox"/>
Heart Conditions	<input type="checkbox"/>	<input type="checkbox"/>

Are there any other particular illnesses or conditions in the mother's or father's family that you feel are important?.....

Is an interpreting service needed? No Yes If yes, which language?.....

Information and advice





Information Service for Parents

When you have a new baby, your whole world changes. You may have lots of questions about being a parent, but not know where to get the reliable answers you need.

The Start 4 Life Information Service for Parents is a free digital service which provides parents-to-be and new parents with information and advice you can trust. This covers a wide range of issues: staying healthy in pregnancy, preparing for birth and looking after your baby. There is advice on breastfeeding, weaning, immunisations and much more. Over one hundred videos show experts giving practical advice and parents discussing their own experiences.

Both mums and dads can sign up to receive regular emails, videos and SMS messages with advice related to the stage of your pregnancy and the age of your child.

Sign up to the Start 4 Life Information Service for Parents today at <http://www.nhs.uk/start4life/Pages/healthy-pregnancy-baby-advice.aspx>



For more health information and advice for you and your family, ask your health visiting team or General Practitioner.

NHS Choices is a health website providing information on all aspects of child and family health. This includes: being a new parent, birth to five development, immunisation, healthy eating, childhood illnesses, child safety and reducing the risk of sudden infant death syndrome.

Videos are also available featuring child health experts and parents talking on range of topics. Bathing your baby, how you can tell if your baby is ill, building your child's confidence and when should your child start wearing shoes are just a few of the many topics included.

<http://www.nhs.uk/conditions/pregnancy-and-baby/pages/routine-checks-vaccinations.aspx>



NHS 111

- NHS 111 is the free number to call when you have an urgent healthcare need.
- It is available 24 hours a day, 365 days a year.

When should you call it?

- You need medical help fast, but it's not a 999 emergency
- You don't know who to call for medical help or you don't have a GP to call
- You think you need to go to A&E or another NHS urgent care service; or
- You require health information or reassurance about what to do next.



How does it work?

- When you call 111 you will be assessed by fully trained advisers who are supported by experienced nurses and paramedics. They will ask you questions to assess your symptoms and give you the healthcare advice you need or direct you straight away to the local service that can help you best.
- If the NHS 111 team think you need an ambulance, they will send one immediately.

Infant feeding

Your midwife or health visitor will offer you advice and information about infant feeding. In your local area there may be other places to get this, such as support groups. Ask your midwife or health visitor about these. Below are some other sources of information you may find useful.

Leaflets

NHS Start for Life. Off to the best start (information on breastfeeding)
http://www.nhs.uk/start4life/documents/pdfs/start4life_off_to_the_best_start_leaflet.pdf

NHS Start for life. Guide to bottle feeding.
http://www.nhs.uk/start4life/documents/pdfs/start4life_guide_to_bottle_feeding.pdf



Websites

NHS Choices <http://www.nhs.uk/conditions/pregnancy-and-baby>

UNICEF Care Pathways, on breastfeeding, bottle feeding and feeding a preterm baby, describe the standards of support you should expect to receive. www.unicef.org.uk/BabyFriendly/Parents/

DVD

Best Beginnings - **'From bump to breastfeeding'** DVD is a series of films following real mothers on their breastfeeding journeys. You may be given the DVD by your midwife or health visitor. You can also watch the films at: <http://www.bestbeginnings.org.uk/watch-fbtb>

Telephone Helplines

These helplines are all run by trained volunteers working in their own homes.

National Breastfeeding Helpline - 0300 100 0212 (available every day, 9:30am to 9:30pm).
www.nationalbreastfeedinghelpline.org.uk

Association of Breastfeeding Mothers - 0300 330 5453 (available every day 9.30am to 10.30pm) www.abm.me.uk

The Breastfeeding Network Supporterline - 0300 123 1021 (all helplines available 9:30am to 9:30pm) in Bengali/Sylheti 0300 456 2421; in Tamil, Telugu and Hindi 0300 330 5469 www.breastfeedingnetwork.org.uk

NCT Breastfeeding Line - 0300 330 0771 (available 8am to midnight) www.nct.org.uk

Safer Sleep -reduce the risk of sudden infant death syndrome (SIDS)

THINGS YOU CAN DO:

Always place your baby on their back to sleep.

Keep your baby smoke free during the pregnancy and after birth.

Place your baby to sleep in a separate cot or Moses basket in the same room as you for the first 6 months.

Breastfeed your baby, if you can.

Use a firm, flat, waterproof mattress in good condition.

THINGS TO AVOID:

Never sleep on a sofa or in an armchair with your baby.

Don't sleep in the same bed as your baby if you smoke; drink or take drugs or are extremely tired; if your baby was born prematurely or was of low birth-weight.

Avoid letting your baby get too hot.

Don't cover your baby's face or head while sleeping or use loose bedding.

If you decide you want to co-sleep with your baby, please discuss this with your midwife, health visitor or GP and they will help you to come to a decision about whether this is best for you and your baby. Research shows that there is a link between SIDS and co-sleeping in a bed, on a sofa or armchair. Remember you should never co-sleep if you or your partner smokes, drinks alcohol, use drugs or your baby is low birth weight or premature.

If you think your baby is unwell seek advice promptly.

For more information about reducing the risk of sudden infant death – you can contact the Lullaby Trust by ringing their helpline on **0808 802 6869** or visit their website www.lullabytrust.org.uk



or visit NHS Choices
[http://www.nhs.uk/
conditions/pregnancy-and-
baby/pages/getting-baby-
to-sleep.aspx](http://www.nhs.uk/conditions/pregnancy-and-baby/pages/getting-baby-to-sleep.aspx)



Medicines for Children – practical, reliable information for parents and carers about giving medicine to your child

The website has leaflets and videos about many of the medicines that are given to children. All the information is produced by asking parents and carers what they need. The leaflets answer questions like: when and how to give medicine, what if you forget to give it, and what side-effects to look out for. They are written by children's doctors, pharmacists and nurses. Parents make sure the information is clear, relevant and easy to read. Medicines for Children leaflets are free! You can view them online, or you can download them – to save for later or to print. To find out more, visit: www.medicinesforchildren.org.uk or scan the QR code on your phone.



Reporting side effects to the medicines safety 'watchdog'

All medicines and vaccines are tested very carefully before they come into general use. However, some side effects are not discovered during research. Therefore it is important that all medicines and vaccines are carefully monitored. If anyone suspects a side effect, they should report it to the Medicines and Healthcare Products Regulatory Agency (MHRA) using its Yellow Card Scheme - this includes patients, carers and parents. By doing this we can be sure that anything that might be a serious side effect can be investigated as it may be necessary to change how the medicine or vaccine is used.



If you are worried that your child may have had a side effect to an injection or any other medication you can:

1. Check the patient information leaflet supplied with the medicine. It lists the known side effects and advises you what to do.
2. Talk to your doctor, health visitor, nurse or pharmacist or
3. Call the NHS by dialling **111**.
4. Report it to the Yellow Card Scheme. The quickest way to do this is online at: www.mhra.gov.uk/yellowcard or by freephone: 0808 100 3352 (10am-2pm Monday-Friday). The MHRA cannot give medical advice to parents.



Helping your child to learn

The Early Years Foundation Stage (EYFS) framework sets the standards for learning, development and care for children aged 0-5 years old. Nurseries, pre-schools, reception classes and childminders must follow the EYFS.



Department
for Education

The professionals caring for your child, including your child's key person, will be happy to discuss your child's development with you at any time. At the ages of 2 and 5 they will also give you written information.

As a mum, dad or carer, how can I help with my child's learning?

Parents and carers sometimes underestimate what they can do to support their child's development. Everything you do with your child at home is important in supporting their learning and development.

Talking and reading stories to babies and young children helps them to learn and understand new words and ideas. They respond in different ways long before they can talk themselves. Singing songs or nursery rhymes, or cooking with your child are a few examples of activities that can have a long lasting effect on your child's learning as they progress towards and through school.

Where can I go for further information?

If you would like some ideas for things you can do at home to help your child learn, you can find out at your local children's centre. Many children's centres offer 'messy play' and other fun activities which you and your child can join in, and many of the activities they provide are free.

You can find the EYFS Framework at:

<https://www.gov.uk/government/policies/improving-the-quality-and-range-of-education-and-childcare-from-birth-to-5-years/supporting-pages/early-years-foundation-stage>

You can find your local children's centre by visiting: <https://www.gov.uk/find-sure-start-childrens-centre>

Visit <http://www.foundationyears.org.uk/parents/> for more information to help you support your child's development in their first few years of life.

Early education and childcare

Nurseries, playgroups, pre-schools, childminders and other providers of early education and childcare are available in all districts.



Children's Centres offer advice and support for families with children under five years old. The aim is to make sure your child gets the best possible start in life. Children's Centres vary from area to area in terms of what they offer but all aim to support learning for your child.

You can find out more about local childminders, day nurseries and playgroups from your health visitor or from your local Family Information Service (FIS)- see: <http://findyourfis.familyandchildcaretrust.org/kb5/findyourfis/home.page>.

Are you thinking of early education or childcare for your child as he or she grows?

All children are entitled to 570 hours of free early education per year (often taken as 15 hours per week during school term time) from 1st September, 1st January or 1st April following their third birthday until they start school. This is also available to many two year olds. Free part time early education places are available in school nursery classes, nursery schools, day nurseries, playgroups, pre-schools and with childminders.

For information about free early education please visit: <http://www.gov.uk/freechildcare>

Help with costs

Most families can access funding to pay for a substantial amount of their childcare costs through the tax credit system, subject to individual circumstances. Some employers can also give you tax-free vouchers to help pay for childcare. To find out more about child benefits phone 0300 200 3100 and for information on tax credits phone 0345 300 3900 or visit <https://www.gov.uk/help-with-childcare-costs>

Contact a Family

One in 20 children are born with a disability. Discovering that a child is ill or has a special need or disability can be difficult and parents may feel isolated. Contact a Family is a UK charity that gives support, information and advice to families, regardless of the child's disability or medical condition.

contact a family
for families with disabled children

Freephone helpline – the helpline can give information and advice on a wide range of issues to families including benefits, education, short breaks and equipment and has access to 170 languages via interpreters.

Linking families – Contact a Family can refer parents to a suitable support group for their child's condition, offer one-to-one linking if no support group exists or direct families to their linking website MakingContact.org

Publications and other information – Contact a Family produces a wide range of publications including newsletters and guides for parents. They have a range of videos and podcasts on their website.

Medical information – Contact a Family has information on over 400 medical conditions on their website – each entry is reviewed by an expert and details of support groups are provided where possible.

One-to-one support – Contact a Family offers both practical and emotional support on a one-to-one basis, through their family support service, volunteer parent representatives and local offices, which provide local newsletters, information, workshops and support for families. See the website for details.

Get in touch

Contact a Family

209-211 City Road, London, EC1V 1JN

Freephone helpline 0808 808 3555 (Monday to Friday 9.30am–5.30pm).

Tel: 0207 608 8700

Email: helpline@cafamily.org.uk

www.cafamily.org.uk

<http://makingcontact.org>



Family Lives

Family Lives is a charity with over three decades of experience helping parents deal with the changes that are a constant part of family life. We know that many people play active roles in the raising of children within any family and we are here for all of them. Mums, dads, grandparents, stepparents and non-resident parents, we have a free service to support you with whatever issue you are facing.



Services

- Family Lives website: www.familylives.org.uk
- Free Confidential 24 Telephone support on any issue
- Parentline - 0808 800 2222
- Email Support: parentsupport@familylives.org.uk
- Online Forum: <http://familylives.org.uk/forums>
- Parenting Courses and Workshops



Bookstart

Bookstart, the national programme brought to you by Booktrust, offers the gift of free books to all children at two key ages before they start school, to inspire a love of reading and writing that will give children a flying start in life.

Sharing books, talking about the pictures and spending time having fun together, will help you to build a strong and loving relationship with your child. It is good to start sharing stories, books and rhymes from as early an age as possible. Babies don't need to understand all the words; they will just love to listen to your voice and will soon join in as they learn to babble and talk.

Ask your health visitor how you can collect your packs or ask at your local library.

For more information about **Bookstart** visit www.bookstart.org.uk

Special packs are available for children that are deaf or visually impaired.



bookstart
est. by booktrust 1992



Bookstart baby pack for babies up to one year old

Date received

Signed



Bookstart treasure pack for three to four year olds

Date received

Signed





Immunisation

Your child will be offered the following vaccines (From July 1st 2016)

Age Due	Immunisation
8 weeks	DTaP/IPV/Hib and PCV and MenB and Rota (diphtheria, tetanus, acellular pertussis [whooping cough], inactivated polio vaccine, <i>Haemophilus influenzae</i> b [Hib] vaccine and pneumococcal vaccine and meningococcal B vaccine and rotavirus vaccine)
12 weeks	DTaP/IPV/Hib and Rota (diphtheria, tetanus, acellular pertussis [whooping cough], inactivated polio vaccine, <i>Haemophilus influenzae</i> b [Hib] vaccine and rotavirus vaccine)
16 weeks	DTaP/IPV/Hib and PCV and MenB (diphtheria, tetanus, acellular pertussis [whooping cough], inactivated polio vaccine, <i>Haemophilus influenzae</i> b [Hib] vaccine and pneumococcal conjugate vaccine and meningococcal B vaccine)
Between 12 and 13 months of age (i.e. within a month of the first birthday)	Hib/MenC (<i>Haemophilus influenzae</i> b [Hib] and meningococcal C vaccine) PCV (pneumococcal conjugate vaccine) MenB (meningococcal B vaccine) MMR (measles, mumps, rubella)
Annually from 2 to less than 17 years old	Influenza Vaccine (In 2015/16 the programme is for 2, 3 and 4 year olds and children in school years 1 and 2)
3 years 4 months	DTaP/IPV or dTaP/IPV (diphtheria or low dose diphtheria, tetanus, acellular pertussis, inactivated polio vaccine) PRE-SCHOOL BOOSTER MMR (measles, mumps, rubella vaccine)
12-14 years (girls) (School year 8)	HPV (human papillomavirus vaccine) (two doses at least 6 months apart)
Around 14 years (School years 9/10)	dT/IPV (low dose diphtheria, tetanus, inactivated polio vaccine) TEENAGE BOOSTER MenACWY (meningococcal ACWY vaccine)

Some babies will need Hepatitis B and /or BCG vaccines. If in doubt discuss this with your midwife/health visitor.

The immunisations your child is offered may change with time. Your health visitor or practice nurse will talk to you and give you written information about immunisations. This and other information is available on NHS Choices <http://www.nhs.uk/conditions/vaccinations/pages/vaccination-schedule-age-checklist.aspx>

Do you know if you are immune to rubella (German measles)? If you are not immune you can be immunised, with MMR vaccine, to protect you and future babies.

What you can expect after vaccinations

After a vaccination, your baby may cry for a little while, but that usually settles soon with a cuddle or a feed. Most babies don't have any other reaction.

Reactions at the site of the injection

Some babies have some swelling, redness or a small hard lump where the injection was given and it may be sore to touch. This usually only lasts two to three days and doesn't need any treatment.

Fevers

A fever is a temperature over 37.5°C. Fevers are quite common in young children, but are usually mild. If your child's face feels hot to the touch and they look red or flushed, he or she may have a fever. You can check their temperature with a thermometer.

If your baby has a fever:

- make sure they don't have too much clothing or bedding on them, and
- give them plenty of cool fluids
- **Do not** put them in a bath, sponge them down or put a fan on them

After vaccination with MenB

Fever can be expected after any vaccination, but is very common when the MenB vaccine is given with the other routine vaccines at two and four months. The fever shows the baby's body is responding to the vaccine, although not getting a fever doesn't mean it hasn't worked. The level of fever depends on the individual child and does not indicate how well the vaccine has worked. Giving paracetamol will reduce the risk of fever, irritability and general discomfort (including pain at the site of the injection) after vaccination.

After each of the two month and four month vaccinations you will need to give your baby a total of three doses of paracetamol (2.5ml of infant paracetamol 120mg/5ml suspension) to prevent and treat any potential fever. You should give the first dose of paracetamol as soon as possible after your two month vaccination visit. You should then give the second dose four to six hours later and the third dose four to six hours after that. You will need to follow the same steps after your four month vaccinations. Your nurse will give you more information about paracetamol at your vaccination appointment and you may be given a leaflet to take away with you with written instructions.

If you do not have any paracetamol liquid for infants at home you should get some in time for your first vaccination visit. It is widely available from pharmacies and supermarkets.

After vaccination with MMR

MMR is made up of three different vaccines (measles, mumps and rubella) and these can each cause reactions at different times after the injection. None of these reactions is infectious.

After six to ten days, the measles vaccine starts to work and your child may have a fever, a measles-like rash, and be off their food.

Two to three weeks after the injection, the mumps vaccine may cause mumps-like symptoms in some children (fever and swollen glands).

The rubella vaccine may cause a brief rash and possibly a slightly raised temperature, most commonly around 12 to 14 days after the injection, but a rash may also rarely occur up to six weeks later.

Remember, never give medicines that contain aspirin to children under 16.

If you are worried about your child trust your instincts and speak to your doctor or call the NHS on **111**.

Call the doctor immediately if, at any time, your child has a temperature of 39-40°C or above, or has a fit.

If the surgery is closed and you can't contact your doctor, go to the nearest hospital with an emergency department.

If, after reading this information, you are still not happy with your baby's reaction to any vaccination, speak to your practice nurse or GP.

Checking on vaccine safety

Before vaccines are introduced, they have to be licensed by the Medical and Healthcare products Regulatory Agency which assesses their safety and efficacy. Once they have been introduced into the programme, their safety continues to be constantly monitored so that any new side effects are quickly noticed and investigated.

For more information on the safety of vaccines visit www.mhra.gov.uk

More information about vaccines can be found in the booklet "A guide to immunisations up to 13 months of age" or go to NHS Choices www.nhs.uk

Primary course of immunisations

(From July 1st 2016)

Please press firmly

* Please place a sticker (if available) otherwise write in space provided.

Surname:

First names:

NHS number: Unit no:

Address: Sex: M / F

..... Post code: D.O.B:/...../.....

G.P: Code:

H.V: Code:

Breastfeeding

at 1st Imm:

Totally Partially Not at all

at 2nd Imm:

Totally Partially Not at all

at 3rd Imm:

Totally Partially Not at all

Antigen	Vaccine Trade Name	Date	Batch No.	Site/route	Immuniser Name in CAPITALS	Venue
8 weeks						
DTaP/IPV/Hib						
PCV						
MenB						
Rota				By mouth		
12 weeks						
DTaP/IPV/Hib						
Rota				By mouth		
16 weeks						
DTaP/IPV/Hib						
PCV						
MenB						

Hepatitis B infant immunisation programme

* Please place a sticker (if available) otherwise write in space provided.

Surname:

First names:

NHS number: Unit no:

Address: Sex: M / F

..... Post code: D.O.B:/...../.....

G.P: Code:

H.V: Code:

Mother's surname:

.....

Mother's first name:

.....

Mother's NHS number:

.....

Indications for hepatitis B immunoglobulin and/or vaccine: Factors in Mother and Baby

Mother's hepatitis B status

Hepatitis B surface antigen: Pos Neg

Acute hepatitis B in pregnancy: Yes No

Baby's birth weight <1.5 kg: Yes No

Hepatitis B e antibody: Pos Neg

Hepatitis B e antigen: Pos Neg

High Viral Load (>10⁶ IU/ml): Yes No

Dose	Age	Date	Batch No.	Site	Immuniser	Venue
					Name in CAPITALS	
Hepatitis B immunoglobulin (if needed)						
Babies should receive a five-dose course of hepatitis B vaccine according to the following schedule:						
1st Dose	Within 24 hours of birth					
2nd Dose	4 weeks					
3rd Dose	8 weeks					
Booster	12 months					
Booster	at same time as pre-school booster					

Baby's serology (at 12 months)

HBsAg Date..... Result..... HBsAb (if done) Date..... Result.....

BCG vaccination

* Please place a sticker (if available) otherwise write in space provided.

• Surname:

• First names:

• NHS number: Unit no:

• Address: Sex: M / F

• Post code: D.O.B:/...../.....

• G.P: Code:

• H.V: Code:

For Babies Only

Mother's surname:
.....

Mother's first name:
.....

Mother's NHS number:
.....

Reason for BCG (please tick): (see Department of Health guidelines for specific details)

- Universal neonatal programme
- Parent/grandparent born in a country with a high TB rate¹, please specify country: _____
- TB in a relative or close contact
- Travel to a country with a high TB rate¹
- Born or lived in a country with a high TB rate¹
- Other, please specify: _____

¹ High TB rate = 40/100,000 or higher. For information on TB incidence by country see: <https://goo.gl/gLsBpq>

Administration of prior skin test (if indicated):

		Immuniser			
Test	Date	Batch No.	Site	Name in CAPITALS	Venue
Mantoux					
Result – Measurement (mm)	Date			Name in CAPITALS	Venue

Administration of BCG:

		Immuniser			
	Date	Batch No.	Site	Name in CAPITALS	Venue

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MMR immunisation – first dose & second year boosters

Please press firmly

* Please place a sticker (if available) otherwise write in space provided.

• Surname:

• First names:

• NHS number: Unit no:

• Address: Sex: M / F

• Post code: D.O.B:/...../.....

• G.P: Code:

• H.V: Code:

Breastfeeding at all at 1st birthday:

Yes No

Antigen	Vaccine Trade Name	Date	Batch No.	Site/route	Immuniser Name in CAPITALS	Venue
<i>Between 12 and 13 months</i>						
Hib/MenC						
PCV						
MenB						
MMR (1st dose)						

MMR immunisation – second dose & pre-school booster *Please press firmly*

* Please place a sticker (if available) otherwise write in space provided.

• Surname:

• First names:

• NHS number: Unit no:

• Address: Sex: M / F

• Post code: D.O.B:/...../.....

• G.P: Code:

• H.V: Code:

Antigen	Vaccine Trade Name	Date	Batch No.	Site/route	Immuniser Name in CAPITALS	Venue
MMR (2nd dose)						
DTaP/IPV or dTaP/IPV						
Other						

MMR immunisation – second dose & pre-school booster *Please press firmly*

* Please place a sticker (if available) otherwise write in space provided.

• Surname:

• First names:

• NHS number: Unit no:

• Address: Sex: M / F

• Post code: D.O.B:/...../.....

• G.P: Code:

• H.V: Code:

Antigen	Vaccine Trade Name	Date	Batch No.	Site/route	Immuniser Name in CAPITALS	Venue
MMR (2nd dose)						
DTaP/IPV or dTaP/IPV						
Other						

Influenza immunisation

* Please place a sticker (if available) otherwise write in space provided.

• Surname:

• First names:

• NHS number: Unit no:

• Address: Sex: M / F

•Post code:D.O.B:/...../.....

• G.P: Code:

• H.V: Code:

Flu vaccine is being introduced for all children from two years to less than 17 years old. In 2015/16 the programme is for 2, 3, and 4 year olds and children in school years 1 and 2.

For more information see <https://goo.gl/1Wv6z5>



Age	Vaccine Trade Name	Date	Batch No.	Site/route	Immuniser - Name in CAPITALS	Venue

Additional immunisations

* Please place a sticker (if available) otherwise write in space provided.

• Surname:

• First names:

• NHS number: Unit no:

• Address: Sex: M / F

• Post code: D.O.B:/...../.....

• G.P: Code:

• H.V: Code:

Use this page to record other vaccines given e.g. HPV and d/T/IPV and MenACWY teenager boosters.

Antigen	Vaccine Trade Name	Date	Batch No.	Site/route	Immuniser Name in CAPITALS	Venue

Additional immunisations

* Please place a sticker (if available) otherwise write in space provided.

Surname:

First names:

NHS number: Unit no:

Address: Sex: M / F

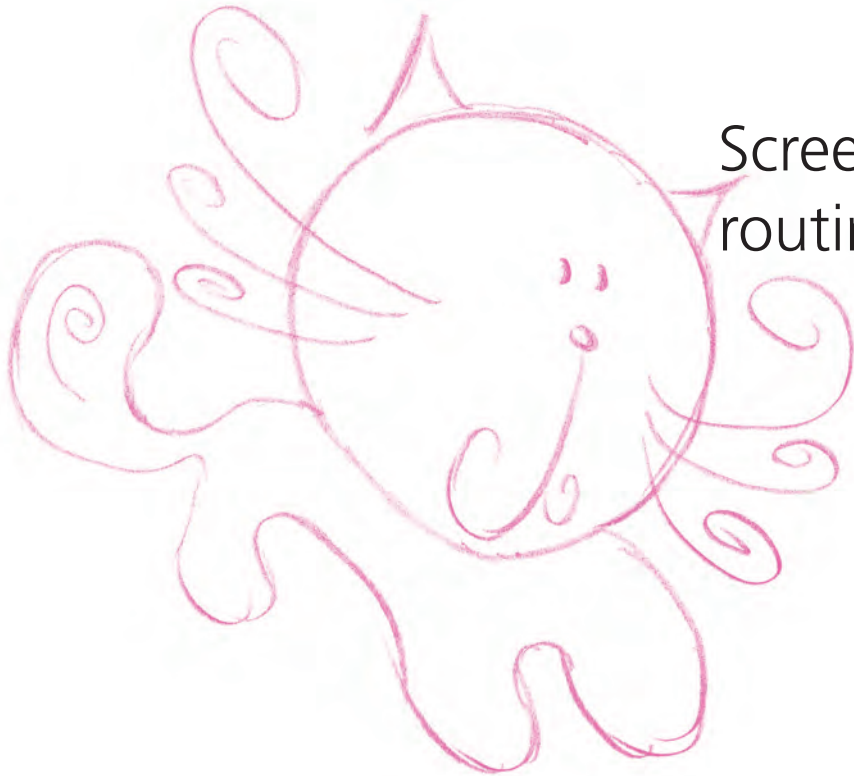
.....Post code:D.O.B:/...../.....

G.P: Code:

H.V: Code:

Use this page to record other vaccines given e.g. HPV and d/T/IPV and MenACWY teenager boosters.

Antigen	Vaccine Trade Name	Date	Batch No.	Site/route	Immuniser Name in CAPITALS	Venue



Screening and routine reviews

Screening and routine reviews

Your doctor, health visitor, midwife or school nurse will offer simple routine checks for your child.

Some of these are called screening tests and include:

- hearing tests within the first few weeks after birth
- blood tests for certain conditions which could cause health problems (for example phenylketonuria, hypothyroidism and sickle cell disease).

Checks of your baby's:

- hips
- heart
- eyes/vision
- testes, if a boy

Other checks or reviews may include:

- growth
- hearing
- general development

Screening tests and other health checks and reviews are done to pick up problems before they have been noticed. They can never be fully accurate in all cases. This means that sometimes there is a false alarm, when you will be told that your baby *may* have a condition. However, further tests may show that in fact she or he does not have the condition.

It also means that sometimes a problem may not be picked up even if it is present. So even if your baby has had a check for a condition and was found to be OK, if you think there may be a problem you should still point it out to your health visitor or GP. Do not assume that because the check was 'normal', there cannot be a problem.

For more information on screening see NHS Choices

<http://www.nhs.uk/Conditions/pregnancy-and-baby/Pages/newborn-physical-exam.aspx>



Can your baby see?

There is no easy way to test a young baby's eyes accurately, but you can help check there is no serious problem by watching how your baby uses his/her eyes. **Talk to your health visitor or GP as soon as possible if you are ever worried about your child's eyes or vision.**

At all ages

If you notice any of the following: an opaque or white reflection in the pupil (dark area in centre of the eye), a change in colour of the iris (the coloured part of the eye), or the 'red eye' reflection missing or altered in a photograph, take your child to see a doctor as soon as possible.



First two months

Your child's eyes will be examined as part of the routine baby review during this period

	Yes	No
Does your baby open his/her eyes and look at you?	<input type="checkbox"/>	<input type="checkbox"/>
Does your baby look at you when you move your head from side to side?	<input type="checkbox"/>	<input type="checkbox"/>
Have you noticed anything unusual about or in your child's eyes?	<input type="checkbox"/>	<input type="checkbox"/>
Does anyone in the family have serious eye disease that started in childhood?	<input type="checkbox"/>	<input type="checkbox"/>

Babies and toddlers

Does your baby ever seem to have a squint (a 'turn' or a 'lazy' eye)?	<input type="checkbox"/>	<input type="checkbox"/>
Does your baby have any difficulty in seeing small objects (tiny bits of food, crumbs, bits of fluff) or recognising familiar people?	<input type="checkbox"/>	<input type="checkbox"/>
Does anyone in the family have a squint (a 'turn' or a 'lazy' eye), or wear glasses (starting in childhood)?	<input type="checkbox"/>	<input type="checkbox"/>

Age two to school entry

Your child should be offered a vision test as part of their routine school entry physical examination (between 4 and 5 years). If you are concerned before that test is done, for example that your child may need glasses, talk to your doctor or health visitor.

Does your child have any squint (a 'turn' or a 'lazy' eye) or any difficulty in seeing? (e.g. watching T.V., recognising you across a room, bumping into things, being unusually clumsy)	<input type="checkbox"/>	<input type="checkbox"/>
--	--------------------------	--------------------------

Can your baby hear?

Screening Programmes

Newborn Hearing

These two lists give pointers about what to look and listen out for as your baby grows to check if he/she can hear. Babies do differ in what they can do at any given age. The ages presented here are approximate only.

Checklist for Reaction to Sounds

Shortly after birth – a baby:

Is startled by a sudden loud noise such as a hand clap or a door slamming. Blinks or opens eyes widely to such sounds, stops sucking or starts to cry.

1 month – a baby:

Starts to notice sudden prolonged sounds like the noise of a vacuum cleaner and may turn towards the noise. Pauses and listens to the noises when they begin.

4 months – a baby:

Quietens or smiles to the sound of familiar voice even when unable to see speaker and turns eyes or head towards voice. Shows excitement at sounds e.g. voices, footsteps etc.

7 months – a baby:

Turns immediately to familiar voice across the room or to very quiet noises made on each side (if not too occupied with other things).

9 months – a baby:

Listens attentively to familiar everyday sounds and searches for very quiet sounds made out of sight.

12 months – a baby:

Shows some response to own name. May also respond to expressions like 'no' and 'bye bye' even when any accompanying gesture cannot be seen.

If at any stage in the baby or child's development you think he/she may have difficulties hearing, contact your health visitor or family doctor.

For information on the newborn hearing screening see NHS Choices

<http://www.nhs.uk/conditions/pregnancy-and-baby/pages/newborn-hearing-test.aspx>

Adapted from: The 'Can Your Baby Hear You' form, B. McCormick, 1982, Children's Hearing Assessment Centre, Nottingham, UK.

Checklist for Making Sounds



4 months – a baby:

Makes soft sounds when awake. Gurgles and coos.

6 months – a baby:

Makes laughter-like sounds. Starts to make sing-song vowel sounds, e.g. a-a, muh, goo, der, aroo, adah.

9 months – a baby:

Makes sounds to communicate in friendliness or annoyance. Babbles (e.g. 'da da da', 'ma ma ma', 'ba ba ba'). Shows pleasure in babbling loudly and tunefully. Starts to imitate other sounds like coughing or smacking lips.

12 months – a baby:

Babbles loudly, often in a conversational-type rhythm. May start to use one or two recognisable words.

15 months – a baby:

Makes lots of speech-like sounds. Uses 2-6 recognisable words meaningfully (e.g. 'teddy' when seeing or wanting the teddy bear).

18 months – a baby:

Makes speech-like sounds with conversational-type rhythm when playing. Uses 6-20 recognisable words. Tries to join in nursery rhymes and songs.

24 months – a child:

Uses 50 or more recognisable words appropriately. Puts 2 or more words together to make simple sentences e.g. more milk. Joins in nursery rhymes and songs. Talks to self during play (may be incomprehensible to others).

30 months – a child:

Uses 200 or more recognisable words. Uses pronouns (e.g. I, me, you). Uses sentences but many will lack adult structure. Talks intelligibly to self during play. Asks questions. Says a few nursery rhymes.

36 months – a child:

Has a large vocabulary intelligible to everyone.

Screening Programmes

Newborn Hearing

Newborn hearing screening programme



* Please place a sticker (if available) otherwise write in space provided.

Surname:
 First names:
 NHS number: Unit no:
 Address: Sex: M / F
 Post code: D.O.B:/...../.....
 G.P: Code:
 H.V: Code:

Screening Programmes

Newborn Hearing

Name of NHSP Screening Programme/Site:

Inpatient Outpatient Home
 NICU* Protocol
 Well Baby Protocol

Consent: Consent given Declined
 Test Completed Yes No Incomplete reason:

	1st test (AOAE)	2nd test (AOAE)	AABR
	Date:/...../.....	Date:/...../.....	Date:/...../.....
Right Ear: Clear response:	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>
Left Ear: Clear response:	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>
Screen outcome:	Complete - clear response <input type="checkbox"/>	Complete - no clear response <input type="checkbox"/>	Incomplete <input type="checkbox"/>
Further Management:			
Refer to audiology <input type="checkbox"/>	No follow up required <input type="checkbox"/>	Targeted follow-up at 8 months <input type="checkbox"/>	
Risk factors present Yes <input type="checkbox"/> No <input type="checkbox"/>			
Risk factor details (if family history, state exact relative):			
Name:		Signature: Screener/Nurse/HV*	

*delete as applicable

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Developmental dislocation of the hip

(Sometimes called “Developmental Dysplasia of the Hip”- DDH)

In some babies, the top of one or both of the thigh bones may be out of the hip joint, or have a tendency to move out of the joint. It is important to pick this up as soon as possible so that it can be treated. Soon after birth and at about 6-8 weeks your baby's hips will be checked for this problem. Unfortunately, even experts cannot always pick it up, and sometimes it develops later on. There are some things that indicate there could be a problem. If you notice any of the following, you should contact your health visitor or General Practitioner.

- A difference in the deep skin creases of the thighs between the two legs
- When you change your baby's nappy, one leg cannot be moved out sideways as far as the other.
- Your baby drags a leg when crawling
- One leg seems to be longer than the other
- You can hear or feel a click in one or both hips.
- Your child walks with a limp.

For information on the newborn physical examination and examination of the hips see NHS Choices <http://www.nhs.uk/conditions/pregnancy-and-baby/pages/newborn-physical-exam.aspx>

New baby review

- A member of the health visiting team will visit you and your family at home, usually when your new baby is between 10-14 days old.
- This first visit gives you the chance to discuss any issues about the health and well-being of yourself, your new baby and the rest of the family. This is a chance to ask for any advice or information and to discuss any worries you may have.
- The health visiting team is led by a health visitor who is a trained nurse with specialist qualifications in child and family health.

Here are some of the things you may want to discuss:

- contacting the health visitor team in the future
- child health clinics
- feeding
- sleeping and crying
- advice on reducing the risk of cot death
- immunisation
- family health (yourself, your partner, your baby's brothers or sisters)
- registering your baby's birth
- child benefit
- home and car safety



You may find it helpful to write down here anything you would like to discuss at the new baby review:

Four horizontal dotted lines for writing.

New baby review

* Please place a sticker (if available) otherwise write in space provided.

Surname:
 First names:
 NHS number: Unit no:
 Address: Sex: M / F
 Post code: D.O.B.: / /
 G.P: Code:
 H.V: Code:

Date of contact:
 Nature of contact/location:

 By whom:
 Weight (if indicated):
 Age:

Breast feeding: Totally Partially Not at all Ethnicity of baby:
 Any concerns about the baby's feeding?

 Mother current smoker Other smoker in household No smoker in household
 Any concerns about the baby's health or behaviour?

 How is mother / family?

 Clinic/surgery to be attended for 6-8 week review:
 Clinic/surgery to be attended for immunisations:
 Follow-up required: No Yes GP Community Paediatrician Hospital Other:
 Location/Clinic: Date/Interval:
 Reason: Signature:

Newborn blood spot screening programme

* Please place a sticker (if available) otherwise write in space provided.

Surname:

First names:

NHS number: Unit no:

Address: Sex: M / F

..... Post code: D.O.B: / /

G.P: Code:

H.V: Code:

Date blood sample taken: / /

Name of Midwife:

Maternity Unit:

.....

Hospital Community

Less than 32 weeks gestation

Results of newborn blood spot screening (Page 1 of 2)

Condition	Test Status	Result		Action Taken
Sickle Cell Disease	Taken <input type="checkbox"/> Declined <input type="checkbox"/>	Condition suspected Yes <input type="checkbox"/> No <input type="checkbox"/>	Carrier Yes <input type="checkbox"/> No <input type="checkbox"/>	Referred Yes <input type="checkbox"/> No <input type="checkbox"/>
Cystic Fibrosis (CF)	Taken <input type="checkbox"/> Declined <input type="checkbox"/>	Condition suspected Yes <input type="checkbox"/> No <input type="checkbox"/>	Carrier Yes <input type="checkbox"/> No <input type="checkbox"/>	Referred Yes <input type="checkbox"/> No <input type="checkbox"/>
Significant beta Thalassaemia	Taken <input type="checkbox"/> Declined <input type="checkbox"/>	Condition suspected Yes <input type="checkbox"/> No <input type="checkbox"/>	Not applicable	Referred Yes <input type="checkbox"/> No <input type="checkbox"/>
Congenital hypothyroidism (CHT)	Taken <input type="checkbox"/> Declined <input type="checkbox"/>	Condition suspected Yes <input type="checkbox"/> No <input type="checkbox"/>	Not applicable	Referred Yes <input type="checkbox"/> No <input type="checkbox"/>

For information on the newborn blood spot test see NHS Choices

<http://www.nhs.uk/Conditions/pregnancy-and-baby/Pages/newborn-blood-spot-test.aspx>



Continued on opposite page

Newborn blood spot screening programme

* Please place a sticker (if available) otherwise write in space provided.

Surname:

First names:

NHS number: Unit no:

D.O.B.:/...../.....

Results of newborn blood spot screening (Page 2 of 2)

Condition	Test Status	Result	Action Taken
Phenylketonuria	Taken <input type="checkbox"/> Declined <input type="checkbox"/>	Condition suspected Yes <input type="checkbox"/> No <input type="checkbox"/>	Referred Yes <input type="checkbox"/> No <input type="checkbox"/>
Medium-chain acyl-CoA dehydrogenase deficiency (MCADD)	Taken <input type="checkbox"/> Declined <input type="checkbox"/>	Condition suspected Yes <input type="checkbox"/> No <input type="checkbox"/>	Referred Yes <input type="checkbox"/> No <input type="checkbox"/>
Maple syrup urine disease (MSUD)	Taken <input type="checkbox"/> Declined <input type="checkbox"/>	Condition suspected Yes <input type="checkbox"/> No <input type="checkbox"/>	Referred Yes <input type="checkbox"/> No <input type="checkbox"/>
Isovaleric acidaemia (IVA)	Taken <input type="checkbox"/> Declined <input type="checkbox"/>	Condition suspected Yes <input type="checkbox"/> No <input type="checkbox"/>	Referred Yes <input type="checkbox"/> No <input type="checkbox"/>
Glutaric aciduria type 1 (GA1)	Taken <input type="checkbox"/> Declined <input type="checkbox"/>	Condition suspected Yes <input type="checkbox"/> No <input type="checkbox"/>	Referred Yes <input type="checkbox"/> No <input type="checkbox"/>
Homocystinuria (pyridoxine unresponsive) (HCU)	Taken <input type="checkbox"/> Declined <input type="checkbox"/>	Condition suspected Yes <input type="checkbox"/> No <input type="checkbox"/>	Referred Yes <input type="checkbox"/> No <input type="checkbox"/>

For information on the newborn blood spot test see NHS Choices
<http://www.nhs.uk/Conditions/pregnancy-and-baby/Pages/newborn-blood-spot-test.aspx>



6-8 week review

This review is usually done by your health visitor or a doctor. At this review your baby will have a full physical examination. This is a chance to talk about your baby, their health and general behaviour and discuss any worries, even minor things. Here are some things you may want to talk about when you go for the review. Remember that if you are worried about your child's health, growth or development you can contact your health visitor or doctor at any time.



	Yes	No	Not sure
Do you feel well yourself?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Is all going well feeding your baby?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are you pleased with your baby's weight gain?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Does your baby watch your face and follow with his/her eyes?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Does your baby turn towards the light?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Does your baby smile at you?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you think your baby can hear you?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Is your baby startled by loud noises?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Is your baby easy to look after?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you have any worries about your baby?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

You may find it helpful to write down here anything you would like to discuss at the 6-8 week review:



.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

6-8 week review

* Please place a sticker (if available) otherwise write in space provided.

Surname:

First names:

NHS number: Unit no:

Address: Sex: M / F

.....Post code:D.O.B.:/...../.....

G.P.: Code:

H.V.: Code:

Date of contact: Age:

Seen by:

Place seen:

Length (if indicated):cmcentile

Weight:kgcentile

Head circ.:cmcentile

Breast feeding: Totally Partially Not at all

Third dose Vit K? No Not Needed Given

Any previous medical problems? Yes No

If YES specify:

Item	Guide to Content	Coded Outcome (ring one)	Comment/Action Taken
Hips	Check for DDH	S P O T R N	
Testes/Genitalia	'O' if testes not fully descended	S P O T R N	
Heart	Murmur, Cyanosis, Femorals	S P O T R N	
Eyes	Cataract, Eye movements	S P O T R N	
Other physical features	General examination, Fontanelle, Palate, Spine	S P O T R N	
Hearing	Stills, Startles, Risk factors	S P O T R N	
Locomotion	Tone, Head control	S P O T R N	
Manipulation		S P O T R N	
Speech/Language	Social smile	S P O T R N	
Behaviour	Parental concerns, Sleep, Feeding	S P O T R N	

Follow-up required: No Yes GP Community Paediatrician Hospital Other:

Location/Clinic: Date/Interval:

Reason: Signature:

S = Satisfactory P = Problem O = Continue observation T = Treatment being received R = Referral N = Not examined

Top copy: remain in PCHR 2nd Copy: Health Visitor 3rd Copy: Child Health Department

1 year review

Your baby is now one year old and is learning many new skills, such as:

- turning to his/her name and making lots of new sounds
- enjoying pat-a-cake games and toys that make noises like rattles
- almost walking alone but you need to be close by
- picking up small things and exploring them so you need to keep him/her safe
- being demanding and pointing to things out of reach
- holding a spoon but needing more practice to feed him/herself
- using a feeder cup

S/he has his/her first tooth and has got used to tooth brushing with a fluoride toothpaste.

S/he has been to the dentist. S/he needs to have his/her next immunisations.

NHS Choices gives information about what children are usually doing at this age.

Other things you may want to talk about at the review are:

- your child's growth or weight
- vision or hearing
- sleep and routines
- behaviour
- encouraging your child's development
- childcare if you want to go back to work or training
- your own health



You may find it helpful to write down here anything you would like to discuss at the 1 year review:

.....

.....

.....

1 year review

* Please place a sticker (if available) otherwise write in space provided.

Surname:

First names:

NHS number: Unit no:

Address: Sex: M / F

.....Post code:D.O.B.:/...../.....

G.P: Code:

H.V: Code:

Date of contact:

Nature of contact/location:

By whom:

Weight (if indicated):

Age:

Date of last breastfeed:/...../.....

Mother current smoker Other smoker in household No smoker in household

Follow-up required: No Yes GP Community Paediatrician Hospital Other:

Location/Clinic: Date/Interval:

Reason: Signature:

2-2½ year review / Integrated review

Your child is 2-2½ years old and is learning many new skills, such as:

- wanting to explore everything and be more independent
- wanting to run and climb and always being on the go
- enjoying messy play but not sharing!
- starting to join up words and trying to repeat words you say. Favourite words are “NO” and “MINE!”
- enjoying books and joining in with songs and rhymes
- liking being close to you and having cuddles and hugs
- playing with other children
- using a spoon at mealtimes and using a feeder cup
- starting to show an interest in potty training
- turning from laughter to anger very quickly, which can be hard work

S/he has got used to tooth brushing with a fluoride toothpaste.

S/he has been to the dentist.

NHS Choices gives information about what children are usually doing at this age.

Other things you may want to talk about at the review are:

- speech and language
- learning
- diet
- behaviour
- safety
- your own health



You may find it helpful to write down here anything you would like to discuss at the 2-2½ year review / Integrated review:

.....

.....

2-2½ year review / Integrated review

* Please place a sticker (if available) otherwise write in space provided.

Surname:

First names:

NHS number: Unit no:

Address: Sex: M / F

.....Post code:D.O.B.:/...../.....

G.P: Code:

H.V: Code:

Date of contact:

Nature of contact/location:

.....

By whom:

Weight (if indicated):

Age:

*ASQ-3™ completed Yes Date:/...../..... No

**ASQ:SE completed Yes Date:/...../..... No

Findings of review and any action to be taken:

.....

.....

*Ages & Stages Questionnaires®, Third Edition (ASQ-3™)

**Ages & Stages Questionnaires®, Social – Emotional (ASQ:SE)

Follow-up required: No Yes HV GP Community Paediatrician Hospital Other:

Location/Clinic: Date/Interval:

Reason: Signature:

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© Royal College of Paediatrics & Child Health (2009)

Health review

* Please place a sticker (if available) otherwise write in space provided.

Surname:

First names:

NHS number: Unit no:

Address: Sex: M / F

.....Post code:D.O.B.:/...../.....

G.P: Code:

H.V: Code:



Date of contact:

Nature of contact/location:

.....

By whom:

Weight (if indicated):

Age:



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Follow-up required: No Yes GP Community Paediatrician Hospital Other:

Location/Clinic: Date/Interval:

Reason: Signature:

Health review

* Please place a sticker (if available) otherwise write in space provided.

Surname:

First names:

NHS number: Unit no:

Address: Sex: M / F

.....Post code:D.O.B.:/...../.....

G.P: Code:

H.V: Code:

Date of contact:

Nature of contact/location:

.....

By whom:

Weight (if indicated):

Age:

.....

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.....

.....

Follow-up required: No Yes GP Community Paediatrician Hospital Other:

Location/Clinic: Date/Interval:

Reason: Signature:

School Health Service

- The School Health Service offers advice and support throughout your child's school years.
- The school nurse or doctor can help if you have concerns about your child's health or development that may affect their education. They also support school staff in meeting children's special needs in school.
- Tests of eyesight and hearing are usually offered during the first year at school as well as a general health assessment including height and weight. If you have any concerns, discuss these with the school nurse.
- As your child gets older he or she will be able to talk to the school nurse about their health or about any worries they may have.
- It is important that your child's immunisations are up to date before starting school. If you are unsure please check with your health visitor or general practitioner.



Please note anything you would like to discuss with the school nurse:

.....

.....

.....

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.....

School entry review in reception class

*Please place a sticker (if available) otherwise write in space provided.

Surname:

First names:

NHS number: Unit no:

Address: Sex: M / F

.....Post code:D.O.B.:/...../.....

G.P: Code:

H.V: Code:

Date of contact:

Nature of contact/location:

Weight:kgcentile

Height:cmcentile

Hearing screen: Pass Fail

Vision screen: Pass Fail

By whom:

Age:

.....

.....

.....

.....

.....

.....

.....

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.....

.....

.....

Immunisations complete? Yes No What vaccines are needed?

Follow-up required: No Yes GP Community Paediatrician Hospital Other:

Location/Clinic: Date/Interval:

Reason: Signature:



Your child's firsts and growth charts

Your child's developmental firsts

Babies want to explore the world around them. Your baby grows and learns faster in the first year than at any other time. There are many things that all babies and young children do, but not always at the same age or in the same order. Use these pages to note down when your child does things for the first time.

Finding out about moving...

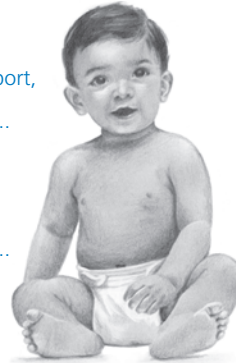


Lifts head clear of ground,
aged:.....



Rolls over,
aged:.....

Sits with support,
aged:.....



Sits alone,
aged:.....



Crawls,
aged:.....
and/or
Bottom shuffles,
aged:.....



Stands holding on,
aged:.....

Stands alone,
aged:.....



Walks holding on,
aged:.....

Walks alone,
aged:.....



First outdoor walk,
aged:.....

See **NHS Choices** for more information on children's development.

Finding out about hands...



Stares at hands,
aged:.....

Grabs and holds things
using whole hand,
aged:.....



Drops things on purpose,
aged:.....

Reaches out for things
such as your hair,
aged:.....



Picks up small
things using finger
and thumb,
aged:.....

Feeds with a spoon,
aged:.....



Finger feeds,
aged:.....



Holds pencil and makes marks,
aged:.....

Opens cupboards,
aged:.....



Finding out about words...



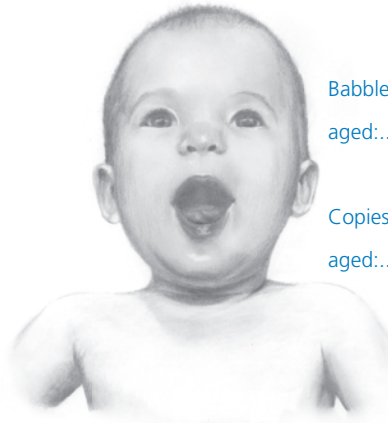
Smiles,
aged:.....

Laughs,
aged:.....



Babbles,
aged:.....

Copies noises,
aged:.....



Says "mama" – to anyone,
aged:.....



Says recognisable word,
aged:.....

Helps turn pages
in a book,
aged:.....

Joins two
recognisable words,
aged:.....

Speaks in
sentences,
aged:.....



See *NHS Choices* for more information on children's development.

Finding out about people...



Stares at your face,
aged:.....



Moves eyes to
watch you,
aged:.....



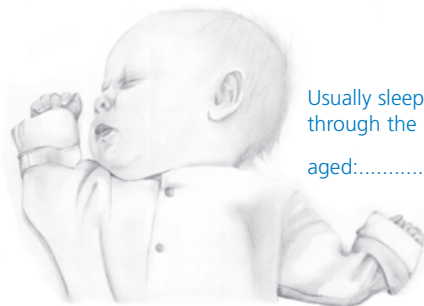
Smiles for special people,
aged:.....



Cries when you
leave the room,
aged:.....



Holds up arms to
be lifted,
aged:.....



Usually sleeps
through the night,
aged:.....

Favourite games...

Aged:

Aged:

.....
.....

Comments:

.....
.....

See *NHS Choices* for more information on children's development.

Make a note of your child's other firsts here:



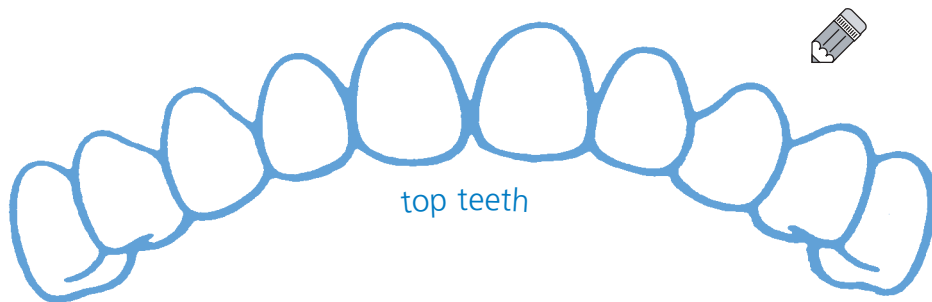
A large rectangular area with a light blue background, containing 20 horizontal dotted lines for writing.

Dental health

You can take your child to see an NHS dentist for preventive advice as soon as he/she is born.

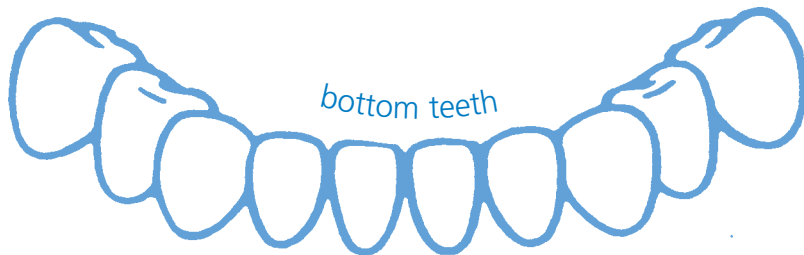
NHS dental treatment for children is free.

Put your child's age in months on the chart below as each tooth appears...



Age first tooth came through:

.....



For more information on caring for your child's teeth see *NHS Choices*. Can also be viewed by searching for *NHS Choices* at <http://www.nhs.uk/conditions/pregnancy-and-baby/pages/looking-after-your-infants-teeth.aspx>

Notes

These pages are for **you** and others who are in contact with your child to record any information about your child's health and/or development. You can keep a note here of anything you want to remember about your child, some advice you have been given or something you want to ask a health professional.



Date	Comments & any advice or treatment	Name & designation

All entries should be dated and signed

Weight conversion chart

gm lbs oz kg lbs oz kg st lbs kg st lbs

500	1	2	3.75	8	4	7kg	13.50	2	0	48kg	7	8
550	1	3	3.80	8	6	7.00	14kg	2	2	49kg	7	10
600	1	5	3.85	8	8	7.10	14.50	2	4	50kg	7	12
650	1	7	3.90	8	9	7.20	15	2	5	51kg	8	0
700	1	9	3.95	8	11	7.30	15.50	2	6	52kg	8	3
750	1	10	4kg	10	12	7.40	16	2	7	53kg	8	5
800	1	12	4.00	8	13	7.50	16.50	2	8	54kg	8	7
850	1	14	4.05	8	15	7.60	17	2	11	55kg	8	9
900	2	0	4.10	9	0	7.70	17.50	2	12	56kg	8	12
950	2	1	4.15	9	2	7.80	18	2	13	57kg	9	0
1kg	1	16	4.20	9	4	7.90	18.50	2	14	58kg	9	2
1.05	2	3	4.25	9	6	8kg	19kg	3	0	59kg	9	4
1.10	2	5	4.30	9	7	8.00	19.50	3	1	60kg	9	6
1.15	2	7	4.35	9	9	8.10	20kg	3	2	61kg	9	9
1.20	2	8	4.40	9	11	8.20	20.50	3	3	62kg	9	11
1.25	2	10	4.45	9	13	8.30	21kg	3	4	63kg	9	13
1.30	2	12	4.50	9	15	8.40	21.50	3	5	64kg	10	1
1.35	2	14	4.55	10	0	8.50	22kg	3	7	65kg	10	3
1.40	3	0	4.60	10	2	8.60	22.50	3	8	66kg	10	6
1.45	3	1	4.65	10	4	8.70	23kg	3	9	67kg	10	8
1.50	3	3	4.70	10	5	8.80	23.50	3	10	68kg	10	10
1.55	3	5	4.75	10	7	8.90	24kg	3	11	69kg	10	12
1.60	3	7	4.80	10	9	9.00	24.50	3	12	70kg	11	0
1.65	3	8	4.85	10	11	9.10	25kg	3	13	71kg	11	3
1.70	3	10	4.90	10	12	9.20	25.50	4	0	72kg	11	5
1.75	3	12	4.95	10	14	9.30	26kg	4	1	73kg	11	7
1.80	3	14	5kg	10	14	9.40	26.50	4	2	74kg	11	9
1.85	4	1	5.05	11	2	9.50	27kg	4	4	75kg	11	11
1.90	4	3	5.10	11	4	9.60	27.50	4	5	76kg	12	0
1.95	4	5	5.15	11	5	9.70	28kg	4	6	77kg	12	2
2kg	2	0	5.20	11	7	9.80	28.50	4	7	78kg	12	4
2.00	4	6	5.25	11	9	9.90	29kg	4	8	79kg	12	6
2.05	4	8	5.30	11	11	10kg	29.50	4	9	80kg	12	8
2.10	4	10	5.35	11	12	10.00	30kg	4	10	81kg	12	11
2.15	4	12	5.40	11	14	10.10	30.50	4	11	82kg	12	13
2.20	4	13	5.45	12	0	10.20	31kg	4	12	83kg	13	1
2.25	4	15	5.50	12	2	10.30	31.50	4	13	84kg	13	3
2.30	5	1	5.55	12	3	10.40	32kg	5	1	85kg	13	5
2.35	5	3	5.60	12	5	10.50	32.50	5	2	86kg	13	8
2.40	5	4	5.65	12	7	10.60	33kg	5	3	87kg	13	10
2.45	5	6	5.70	12	9	10.70	33.50	5	4	88kg	13	12
2.50	5	8	5.75	12	10	10.80	34kg	5	5	89kg	14	0
2.55	5	10	5.80	12	12	10.90	34.50	5	6	90kg	14	2
2.60	5	12	5.85	12	14	11kg	35kg	5	7	91kg	14	5
2.65	5	13	5.90	13	0	11.00	35.50	5	8	92kg	14	7
2.70	5	15	5.95	13	2	11.10	36kg	5	9	93kg	14	9
2.75	6	1	6kg	13	2	11.20	36.50	5	11	94kg	14	11
2.80	6	3	6.00	13	4	11.30	37kg	5	12	95kg	15	0
2.85	6	4	6.05	13	5	11.40	37.50	5	13	96kg	15	2
2.90	6	6	6.10	13	7	11.50	38kg	6	0	97kg	15	4
2.95	6	8	6.15	13	8	11.60	38.50	6	1	98kg	15	6
3kg	3	0	6.20	13	10	11.70	39kg	6	2	99kg	15	8
3.00	6	10	6.25	13	12	11.80	39.50	6	3	100kg	15	11
3.05	6	11	6.30	13	14	11.90	40kg	6	4	105kg	16	8
3.10	6	13	6.35	14	0	12kg	40.50	6	5	110kg	17	5
3.15	6	15	6.40	14	1	12.00	41kg	6	6	115kg	18	2
3.20	7	1	6.45	14	3	12.10	41.50	6	8	120kg	18	13
3.25	7	2	6.50	14	5	12.20	42kg	6	9	125kg	19	10
3.30	7	4	6.55	14	7	12.30	42.50	6	10			
3.35	7	6	6.60	14	8	12.40	43kg	6	11			
3.40	7	8	6.65	14	10	12.50	43.50	6	12			
3.45	7	9	6.70	14	12	12.60	44kg	6	13			
3.50	7	11	6.75	14	14	12.70	44.50	7	0			
3.55	7	13	6.80	14	15	12.80	45kg	7	1			
3.60	7	15	6.85	15	1	12.90	45.50	7	2			
3.65	8	0	6.90	15	3	13kg	46kg	7	3			
3.70	8	2	6.95	15	5	13.00	46.50	7	5			
						13.00	28	11				

Height conversion chart

cm	ft in	cm	ft in	cm	ft in	cm	ft in	cm	ft in
30.5	1 0.0	64.5	2 1.4	99.0	3 3.0	133.5	4 4.6	168.0	5 6.1
31.0	1 0.2	65.0	2 1.6	99.5	3 3.2	134.0	4 4.8	168.5	5 6.3
31.5	1 0.4	65.5	2 1.8	100.0	3 3.4	134.5	4 5.0	169.0	5 6.5
32.0	1 0.6	66.0	2 2.0	100.5	3 3.6	135.0	4 5.1	169.5	5 6.7
32.5	1 0.8	66.5	2 2.2	101.0	3 3.8	135.5	4 5.3	170.0	5 6.9
33.0	1 1.0	67.0	2 2.4	101.5	3 4.0	136.0	4 5.5	170.5	5 7.1
33.5	1 1.2	67.5	2 2.6	102.0	3 4.2	136.5	4 5.7	171.0	5 7.3
34.0	1 1.4	68.0	2 2.8	102.5	3 4.4	137.0	4 5.9	171.5	5 7.5
34.5	1 1.6	68.5	2 3.0	103.0	3 4.6	137.5	4 6.1	172.0	5 7.7
35.0	1 1.8	69.0	2 3.2	103.5	3 4.7	138.0	4 6.3	172.5	5 7.9
35.5	1 2.0	69.5	2 3.4	104.0	3 4.9	138.5	4 6.5	173.0	5 8.1
36.0	1 2.2	70.0	2 3.6	104.5	3 5.1	139.0	4 6.7	173.5	5 8.3
36.5	1 2.4	70.5	2 3.8	105.0	3 5.3	139.5	4 6.9	174.0	5 8.5
37.0	1 2.6	71.0	2 4.0	105.5	3 5.5	140.0	4 7.1	174.5	5 8.7
37.5	1 2.8	71.5	2 4.1	106.0	3 5.7	140.5	4 7.3	175.0	5 8.9
38.0	1 3.0	72.0	2 4.3	106.5	3 5.9	141.0	4 7.5	175.5	5 9.1
38.5	1 3.2	72.5	2 4.5	107.0	3 6.1	141.5	4 7.7	176.0	5 9.3
39.0	1 3.4	73.0	2 4.7	107.5	3 6.3	142.0	4 7.9	176.5	5 9.5
39.5	1 3.6	73.5	2 4.9	108.0	3 6.5	142.5	4 8.1	177.0	5 9.7
40.0	1 3.7	74.0	2 5.1	108.5	3 6.7	143.0	4 8.3	177.5	5 9.9
40.5	1 3.9	74.5	2 5.3	109.0	3 6.9	143.5	4 8.5	178.0	5 10.1
41.0	1 4.1	75.0	2 5.5	109.5	3 7.1	144.0	4 8.7	178.5	5 10.3
41.5	1 4.3	75.5	2 5.7	110.0	3 7.3	144.5	4 8.9	179.0	5 10.5
42.0	1 4.5	76.0	2 5.9	110.5	3 7.5	145.0	4 9.1	179.5	5 10.7
42.5	1 4.7	76.5	2 6.1	111.0	3 7.7	145.5	4 9.3	180.0	5 10.9
43.0	1 4.9	77.0	2 6.3	111.5	3 7.9	146.0	4 9.5	180.5	5 11.1
43.5	1 5.1	77.5	2 6.5	112.0	3 8.1	146.5	4 9.7	181.0	5 11.3
44.0	1 5.3	78.0	2 6.7	112.5	3 8.3	147.0	4 9.9	181.5	5 11.5
44.5	1 5.5	78.5	2 6.9	113.0	3 8.5	147.5	4 10.1	182.0	5 11.7
45.0	1 5.7	79.0	2 7.1	113.5	3 8.7	148.0	4 10.3	182.5	5 11.9
45.5	1 5.9	79.5	2 7.3	114.0	3 8.9	148.5	4 10.5	183.0	5 12.1
46.0	1 6.1	80.0	2 7.5	114.5	3 9.1	149.0	4 10.7	183.5	5 12.3
46.5	1 6.3	80.5	2 7.7	115.0	3 9.3	149.5	4 10.9	184.0	5 12.5
47.0	1 6.5	81.0	2 7.9	115.5	3 9.5	150.0	4 11.1	184.5	5 12.7
47.5	1 6.7	81.5	2 8.1	116.0	3 9.7	150.5	4 11.3	185.0	5 12.9
48.0	1 6.9	82.0	2 8.3	116.5	3 9.9	151.0	4 11.4	185.5	5 13.1
48.5	1 6.9	82.5	2 8.5	117.0	3 10.1	151.5	4 11.6	186.0	5 13.3
49.0	1 7.1	83.0	2 8.7	117.5	3 10.3	152.0	4 11.8	186.5	5 13.5
49.5	1 7.3	83.5	2 8.9	118.0	3 10.5	152.5	5 0.0	187.0	6 0.0
49.5	1 7.5	84.0	2 9.1	118.5	3 10.7	153.0	5 0.2	187.5	6 0.2
50.0	1 7.7	84.5	2 9.3	119.0	3 10.9	153.5	5 0.4	188.0	6 0.4
50.5	1 7.9	85.0	2 9.5	119.5	3 11.0	154.0	5 0.6	188.5	6 0.6
51.0	1 8.1	85.5	2 9.7	120.0	3 11.2	154.5	5 0.8	189.0	6 0.8
51.5	1 8.3	86.0	2 9.9	120.5	3 11.4	155.0	5 1.0	189.5	6 1.0
52.0	1 8.5	86.5	2 10.1	121.0	3 11.6	155.5	5 1.2	190.0	6 1.2
52.5	1 8.7	87.0	2 10.3	121.5	3 11.8	156.0	5 1.4	190.5	6 1.4
53.0	1 8.9	87.5	2 10.4	122.0	4 0.0	156.5	5 1.6	191.0	6 1.6
53.5	1 9.1	88.0	2 10.6	122.5	4 0.2	157.0	5 1.8	191.5	6 1.8
54.0	1 9.3	88.5	2 10.8	123.0	4 0.4	157.5	5 2.0	192.0	6 2.0
54.5	1 9.5	89.0	2 11.0	123.5	4 0.6	158.0	5 2.2	192.5	6 2.2
55.0	1 9.7	89.5	2 11.2	124.0	4 0.8	158.5	5 2.4	193.0	6 2.4
55.5	1 9.9	90.0	2 11.4	124.5	4 1.0	159.0	5 2.6	193.5	6 2.6
56.0	1 10.0	90.5	2 11.6	125.0	4 1.2	159.5	5 2.8	194.0	6 2.8
56.5	1 10.2	91.0	2 11.8	125.5	4 1.4	160.0	5 3.0	194.5	6 3.0
57.0	1 10.4	91.5	3 0.0	126.0	4 1.6	160.5	5 3.2	195.0	6 3.2
57.5	1 10.6	92.0	3 0.2	126.5	4 1.8	161.0	5 3.4	195.5	6 3.4
58.0	1 10.8	92.5	3 0.4	127.0	4 2.0	161.5	5 3.6	196.0	6 3.6
58.5	1 11.0	93.0	3 0.6	127.5	4 2.2	162.0	5 3.8	196.5	6 3.8
59.0	1 11.2	93.5	3 0.8	128.0	4 2.4	162.5	5 4.0	197.0	6 4.0
59.5	1 11.4	94.0	3 1.0	128.5	4 2.6	163.0	5 4.2	197.5	6 4.2
60.0	1 11.6	94.5	3 1.2	129.0	4 2.8	163.5	5 4.4	198.0	6 4.4
60.5	1 11.8	95.0	3 1.4	129.5	4 3.0	164.0	5 4.6	198.5	6 4.6
61.0	2 0.0	95.5	3 1.6	130.0	4 3.2	164.5	5 4.8	199.0	6 4.8
61.5	2 0.2	96.0	3 1.8	130.5	4 3.4	165.0	5 5.0	199.5	6 5.0
62.0	2 0.4	96.5	3 2.0	131.0	4 3.6	165.5	5 5.2	200.0	6 5.2
62.5	2 0.6	97.0	3 2.2	131.5	4 3.8	166.0	5 5.4	200.5	6 5.4
63.0	2 0.8	97.5	3 2.4	132.0	4 4.0	166.5	5 5.6	201.0	6 5.6
63.5	2 1.0	98.0	3 2.6	132.5	4 4.2	167.0	5 5.7	201.5	6 5.7
64.0	2 1.2	98.5	3 2.8	133.0	4 4.4	167.5	5 5.9	202.0	6 5.9

6ft

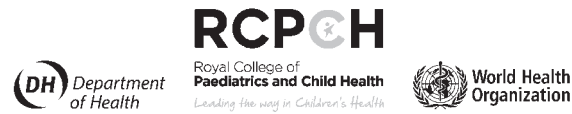
5ft

4ft

3ft

2ft

UK-WHO Growth Charts 0–4 years



GROWTH MONITORING USING GROWTH CHARTS

The UK-WHO growth charts

The charts in this book are based on measurements of healthy breastfed children from several countries, whose mothers did not smoke. They represent the pattern of growth for healthy children, whether breastfed or formula fed, and of all ethnic origins.

Babies come in all shapes and sizes and they do not all gain weight at the same rate, so every chart will look different when it is filled in.

Weighing and measuring

Babies and children up to 2 years of age should be weighed without any clothes or nappy on, as this can make a big difference to the weight.

Toddlers (aged 2 years and older) can be weighed wearing their vest and pants, but they should not wear shoes.

Be aware that different scales sometimes give different readings, particularly if they are not electronic. If you notice this, try to take your baby/child to the same place for weighing each time.

Length or height should always be measured if there are any concerns about a child's growth.

Up to the age of 2, your child's length (i.e. lying down) is measured, rather than height. Special equipment is needed to measure length accurately. Your child should not be wearing a nappy.

From age 2, their height (i.e. standing up) will be measured. Children should not be wearing shoes when their length or height is measured.

How often to weigh

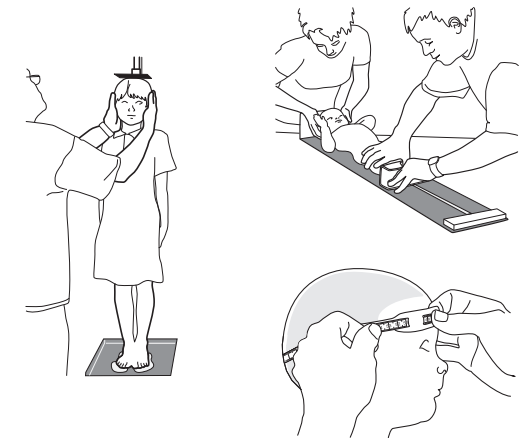
It is normal for a baby to lose some weight in the first few days after birth. Your baby should be weighed in the first week as part of the assessment of feeding. Most babies get

back to their birth weight by 2 weeks of age. This is a sign that feeding is going well and that your baby is healthy.

After that, weight will usually be measured only when your baby is seen routinely, unless there is concern. Your health visitor may ask you to bring your baby more often if he/she wishes to monitor them more closely. Weighing your baby too often may cause unnecessary concern; the list below shows how often, as a maximum, babies should be weighed to monitor their growth. However, most children will not need to be weighed as often as this.

Age	No more than
2 weeks to 6 months	Once a month
6–12 months	Once every 2 months
Over 12 months	Once every 3 months

Remember that if you want to ask something you can always phone your health visitor or visit the clinic, without having your child weighed.



Age	Reason for contact	Date/time due	Place
Within 72 hours	Full physical examination		
5-8 days	Blood sample for screening tests (heel prick)		
10-14 days (usually)	New baby review		
In 1st month	Hearing screening		
6-8 weeks	Full physical examination		
8 weeks	1st set of immunisations		
12 weeks	2nd set of immunisations		
16 weeks	3rd set of immunisations		
By 12 months	Health review		
12-13 months	1st dose MMR vaccine and booster immunisations		
From 2 years (annually)	Influenza Vaccine		
2-2½ years	Health review / Integrated review		
3 years 4 months	2nd dose MMR vaccine (can be given earlier) and pre-school booster immunisations		
4-5 years	Vision check		
School entry (reception class)	Height, weight and hearing check		
10-11 years	Height and weight check		
12-14 years (girls only)	HPV vaccine		
Around 14 years	Teenage booster immunisations		

This is a list of the minimum contacts that are provided for your child during their pre-school and school aged years.

This may vary according to your child's needs and to local policy.