

The Early Years



Newborn to 5 years



Birth to 3 Months

Breastmilk is best for my health and development.

I - 4 weeks, I look at faces and am startled by loud noises.

Movement and tummy time is really important to help me grow healthily.

4 - 6 weeks, I start to really smile at you.

At 8 weeks, I need my first vaccinations.

4 - 12 weeks, I begin to lift my head and turn my head when I hear familiar voice.



Where you can get support

- **Infant feeding team** offer feeding support to everyone.
- **The Midwife** visits for up to 28 days after birth.
- **The Health Visitors** complete an antenatal visit, a new baby review by day 14, and monitor mums mental health.
- **Family Nurse Partnership**, for first time teenage parents offers one to one support from the same Family Nurse from early pregnancy to age two.
- Halton has a **Baby Clinic** every day of the week, where parents can access a Health Visitor and support.
- **Stop smoking services** are available for everyone at Health Improvement Team (HIT).
- A 6-8 week assessment will be completed by your **GP**.
- Register at a **Children's Centre**, they offer a range of group activities for your baby, you and services such as discounted safety equipment like baby monitors.



By quitting smoking when you're pregnant, you're taking care of yourself and your baby.

3 to 6 months



At 12 weeks, I need my second vaccinations; my third set of vaccinations will be at 16 weeks.

3 - 5 months, I look at and reach for objects. I have more control of my neck and head.

4 - 6 months, I start to make noises with intent, pick up objects and bring them to my mouth.

4 - 6 months, soon you will see my first teeth; it's time to start brushing and for my first dental visit.

You will see me doing this too:

- Rolling onto my front.*
- Pushing up on my forearms to look around.*
- Sit up if propped up with pillows or cushions. I need to move around safely.*

Where you can get support

- » There is open access to **Health Visiting services** at clinics. You can ask about any health worries.
- » Ask your **Health Visitor** about introducing solid foods at 6 months, you can book onto a session with HIT.
- » **Children's Centres** have a wide range of timetabled activities and groups, such as:
 - Incredible Years Baby Groups for parents and babies 0-6 months.
 - Baby Massage for Parents and babies 0-6 months.
 - Family Health Clinics.
 - Citizens advice (coping with finances).
 - First Time Family groups where you can meet other first time parents get support, advice and enjoy a cuppa.



6 to 12 months



6 - 8 months, I can sit without support.

At 6 months I am ready to feed myself and need a healthy balanced diet.

9 - 11 months, I learn to drop things. I think it's a funny game.

9 - 12 months, I begin to pull myself up and I start to crawl.

At 12 months I have my health check.

Put favourite toys out of reach to encourage baby to stretch, crawl or bottom shuffle to get to them.

As soon as your baby can crawl, fit safety gates to stop them climbing and falling down stairs.



1 to 2 years

10 – 18 months, I start to walk alone.

12 months, I respond to my name.

12 – 18 months, I start to take an interest in words.

12 months I drink from a cup (not a bottle) and say goodbye to my dummy.

13 months I need my fourth vaccinations.

13 – 15 months, I am gaining more independence:

- *I try to take off loose clothes like socks or tops.*
- *I am beginning to notice when I have a 'wee'.*

15 – 18 months, I am starting to learn to entertain myself for some of the time.



There is lots of support and activities at the Children's Centres for a range of ages such as; Mini Movers and Baby Groovers, Early Explorers Play sessions and Tots Workout so have a look. I need to be active!



Thinking of having another baby? Remember that a healthy pregnancy is essential for your child's development. Have a chat with your Health Visitor.

2 to 3 years

23 - 30 months, we will be invited to a 2 year check with a member of the Health Visiting Team and my nurse.

By age 2, I will be able to say a range of single words, and may be talking in short sentences.

I can say some number names in order and can show you three using my fingers when you ask me how old I am.

I am interested and ask, 'what', 'where,' and 'who' questions.

I can eat healthy family food and love being active. I need my five a day!





I can drink from a cup without a lid. I feed myself with a fork and spoon.

I can hold chunky crayons and paint brushes and enjoy mark making.

I can tell you when I need to go to the toilet; I can start to be potty trained. Look for signs that I am ready:

- Is my nappy staying drier for longer during the day?*
- Can I take off my clothes and nappy myself?*
- Am I showing an interest in using the toilet?*

Have you thought about taking your child to a nursery or pre-school? Halton Family Information Service, (FIS) would be able to tell what early years provision is available within your area.

Have you received a postcard?

Did you know your 2 year old might be entitled to a 15 hour free nursery place?



3 years to school



I can point out and name numbers, letters and words that are known to me.

I can play with my friends and join in their games.

I draw and write using marks or letters and like to tell you about the pictures I make.



I can ask for help from a grown up when I need it.

I can stop what I am doing and listen when I hear you talk to me.

I know what to do when you ask me to, 'put my car under the bridge', or 'put my cup on top of the table'.

Most of the time, I can remember to go to the toilet in time.

I know to wipe myself and wash my hands.

I know and tell you when things are big or small, heavy or light, full and empty.

Getting ready for school

All 3 to 4 year olds are entitled to at least 15 hours of free nursery or pre-school education a week for 38 weeks a year, some families may be eligible for 30 hours.

Check with Halton Family Information Service (FIS) how many hours you can receive or pop in to your local nursery or Children's Centre.



It is never too early to start providing the kinds of experiences that will help your child enter school and be ready to succeed.

Before I go to school I need the 4 in 1 pre-school booster and MMR.

Enjoy school and be ready to learn

Help me to be ready to separate

I will be ready for school when:

- I can feel secure and separate from my parent(s) or main carer(s).*
- I can say goodbye to you when I have a grown up I know to help me.*



You can help me by:

- Giving me the opportunity to go to groups and meet other children.*
- Give me experiences of being left with other family members and talking to new grown-ups when you are there.*
- Take me to Children's Centre groups, toddler groups, pre-school and/or nursery.*

Help me to be able to socialise

I will be ready for school when:

- I can interact in an appropriate way.*
- I can share and play, and I am beginning to take responsibility for my actions.*
- I will give my friend a hug if they are upset.*
- I am beginning to be able to tell my friends what they could do to help me if they take my toys or make me upset or cross.*
- I understand boundaries and rules that will keep me safe.*



You can help me by:

- Taking me to groups to meet other children.*
- Giving me time to chat to my friends and my family about the things I know.*
- Sometimes I know that my friend will want to have the toys I am playing with and I need help from a grown up to help me share these with them.*
- Give me boundaries so I know what I can try.*

Help me to be independent

I will be ready for school when:

- I can tell you when I am hungry and want something to eat or when I am tired.*
- I can wash and dry my hands by myself.*
- I can feed myself.*
- I can tell you when I need to use the toilet.*
- I can dress myself.*
- I can follow simple routines to help me do things by myself..*



I will be ready for school when:

- Giving me the time to do things on my own, like washing my hands and putting on my coat.*
- Giving me the opportunity to play with new objects and age appropriate tools to find out how they work.*

Help me to communicate

I will be ready for school when:

- *I make observations, comments and ask questions.*
- *I can talk about lots of different things; what I've done, who I'm with or where I'm going.*
- *I use objects or gestures to help me explain what I am talking about.*



I will be ready for school when:

- *Talking to me about the sounds I hear when we go out.*
- *Giving me the opportunity to make my own choices.*

For more information, help and support

Health information

You can find information on health conditions and your local NHS services at: www.nhs.uk

NHS Direct - If you need medical help or advice fast that is **not life threatening** or an emergency and cannot wait for GP appointment, you can telephone **NHS direct on: 111**

Medical emergencies call: 999

Places to go:

- **GP surgery**
- **Health Visitor Team**
- **Runcorn Urgent Care** Halton General Hospital
Telephone: 01928 714567
- **Widnes Urgent Care Centre**, Caldwell Road
Telephone: 0151 495 5000
- **Health Improvement Team (HIT)** (Infant Feeding Support, Stop Smoking, Fit 4 Life, and Introducing Solid Food).
Telephone: 0300 029 0029

Download the CATCH app. It uses your child's age to send health and development reminders and information on local services.



<http://www.catchapp.co.uk>

Children Centres

Are located within your local community so you don't have to travel far and have a timetable of activities. To find your nearest go to:

<https://www4.halton.gov.uk/Pages/EducationandFamilies/FamiliesInformationService/ChildrensCentres.aspx>

Halton Family Information Service (FIS)

- a free, impartial service giving detailed information on local childcare. For further information go to:

<https://www3.halton.gov.uk/Pages/EducationandFamilies/FamiliesInformationService/Families.aspx>

Halton Local Offer - provides information, support and advice across education, health and social care it is for everyone, in particular: children and young people with a disability. To access this information go to:

<https://localoffer.haltonchildrenstrust.co.uk/>

Family Nurse Partnership

Telephone 0151 511 5602

For more information:
<http://fnp.nhs.uk/>