

Have you booked your child's 2 year health review?

When your child is 2 years old, you'll be contacted about their health and developmental review with our Health Visiting Team.

We'll talk about your child's progress and answer any questions or concerns you might have. Here are some top tips for how you can help with their development.

Decision making:

- Give choices of what to wear each day
- Give choices at snack times or mealtimes

Thinking and doing:

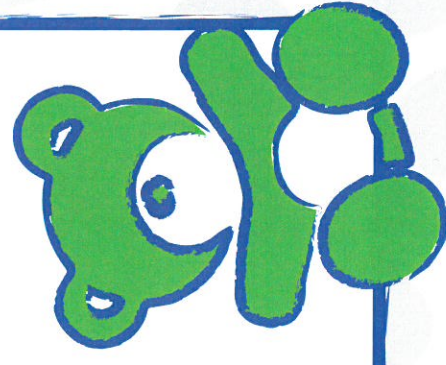
- Teach your child sizes by building big and little towers
- Go on a treasure hunt looking for items of different colours, textures and shapes
- Large empty cardboard boxes have endless uses: turn them into car or a playhouse

Fine motor skills:

- Have fun at bath time with sponges and plastic bottles squeezing and pouring
- String a necklace using old shoelaces and painted pasta tubes, buttons, or Cheerios
- Draw lines, zig zags and spirals together and take turns in copying each other's patterns

Feelings and emotions:

- Make happy or sad faces
- Make silly faces and in front of a mirror together
- Encourage pretend play; have a teddy bear's picnic or birthday party



If you don't hear from us within 3 months of expecting either age review, please call us 0118 9312111