

Stay up to date with your appointments and immunisations so you and your baby are healthy



Close and loving infant feeding

New birth contact (Health Visitor)



Talking, singing and reading builds your baby's brain!

6-8 week review (GP and Health Visitor)



Back to sleep... on tummy to play

Around 6 months



Introduce solid foods
Pick up the cup

8-10 month review (Health Visitor/Community Nursery Nurse)



Talk and play everyday!

Our Journey - Birth to 5 Years

Visit the dentist for a first checkup by age 1 year



Brush teeth twice a day as soon as they appear

27 month review (Health Visitor/Community Nursery Nurse)



Growing up!

I'm tall

Active play 3 hours a day



Moving more and sitting less

Pre-school immunisations



Make healthy snacks and drinks part of your 5 a day

Starting school



A healthy weight