

# Getting ready for change

Cambridgeshire and Peterborough Healthy Child Programme

This flyer is sent to every child living in Cambridgeshire and Peterborough as a useful checklist to help get your child ready for starting school or education. If you have any particular queries for any of the topics below, please call us 0300 029 50 50 or text us 07520 649 887. Each of the QR codes will link to more information when scanned.

For **easy read and translation**  please visit: [www.bit.ly/grfc1-translate](http://www.bit.ly/grfc1-translate)

## Special Educational Needs and Disabilities (SEND)



If you need further support or information please visit:

[www.bit.ly/nhscambspboro-send](http://www.bit.ly/nhscambspboro-send)



## Hearing and eye sight



Does your child seem not to hear you? Do they have the TV on very loud? Is there a family history of hearing difficulties? Hearing concerns should be discussed with your GP, who could refer your child for a hearing test.

Does your child have a squint or is there a family history of sight problems? Your child's vision will be checked at school during the reception year. If you have concerns before this you can contact an Optician for a free appointment.



[www.bit.ly/nhscambspboro-vh](http://www.bit.ly/nhscambspboro-vh)

## Oral health and visiting the dentist regularly



You can register with an NHS dentist by visiting [www.nhs.uk](http://www.nhs.uk) and searching for dentist.

You can find more information about keeping teeth healthy and toothbrushing on our dedicated webpage...



[www.bit.ly/nhscambspboro-oralhealth](http://www.bit.ly/nhscambspboro-oralhealth)

## 3-4 year pre-school immunisations

Has your child had their immunisations? This would include diphtheria, tetanus, whooping cough and polio.

You can ring your GP to book an appointment. Information can be found about the immunisations by visiting [www.nhs.uk](http://www.nhs.uk) and typing "booster" in the search bar.

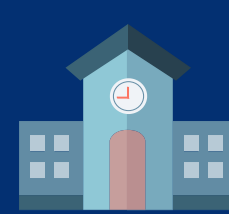


**Delivering excellence in Children and Young People's Services:**

a partnership between Cambridgeshire Community Services NHS Trust and Cambridgeshire and Peterborough NHS Foundation Trust. Funded by Cambridgeshire County Council and Peterborough City Council.



# Independent and ready for school



Can your child follow instructions, feed themselves, use the toilet, get dressed and wash their hands? You can find more information online:

[www.bit.ly/nhscampspboro-independent](http://www.bit.ly/nhscampspboro-independent)



# Development



Development is not a 'one size fits all', but are you concerned that your child isn't developing in the same way as other children of the same age?

- Using their hands e.g. drawing or threading (fine motor skills)
- Speech and communication e.g. how many words they know and say? Do they stammer? Do other people understand what they are saying?
- Problem solving
- Playing, sharing and reading together
- Problems with weeing or pooing
- Growth – height, weight and healthy eating
- Sleeping



[www.bit.ly/nhscampspboro-dev](http://www.bit.ly/nhscampspboro-dev)



[www.bit.ly/nhscampspboro-beh](http://www.bit.ly/nhscampspboro-beh)



# Emotional health and behaviour



Are you concerned about your child's behaviour? Such as managing their feelings, playing with other children or sitting still/concentration. All children show their feelings in different ways and this can be tricky to understand. We have online resources that can help.



[www.bit.ly/nhscampspboro-ehb](http://www.bit.ly/nhscampspboro-ehb)

# Long term medical conditions



Does your child have asthma, allergies, diabetes, epilepsy or another long term medical condition? Your child's school will talk to you about your child's care in school.



[www.bit.ly/nhscampspboro-ltconditions](http://www.bit.ly/nhscampspboro-ltconditions)



# Need some advice or help?

@CambsPboroCYP



You can always contact the 0-19 **Cambridgeshire and Peterborough Healthy Child Programme**

**#CallUs: 0300 029 50 50**

Monday to Friday 9.00am - 5.00pm  
including school holidays



Internet Search:  
"cambs pboro hcp"

**#Text Us: 07520 649 887**

Monday to Friday 9.00am - 4.30pm  
including school holidays

Visit:  
[www.bit.ly/nhscampspboro-hcp](http://www.bit.ly/nhscampspboro-hcp)

