



Healthy Child Pathway

Immunisation, health and development check-ups and advice, taking a child from conception to their fourth birthday.*



4 years	Early Years Foundation Stage check
3 years	Booster immunisation (3 years and 4 months)
2 years	2.5 years Development and growth check
1 year	Development and growth check, diet & nutrition advice
8,12,16 weeks	Immunisation schedule
6 weeks	Health Visitor check focused on maternal wellbeing and baby blood test results + GP physical examination of baby
Day 10-14	Health Visitor newborn visit (mandatory) + access to child health clinic
Day 5	Midwife visit – ‘heel prick’ blood tests
Day 3	GP/Paediatrician NIPE (Newborn Infant Physical Exam)
Day 1	Midwife visit – 1st day post-hospital discharge + newborn hearing screen
Birth	Health visitor notified via child health system (Mid-Essex Trust)
38-41 weeks	Midwife visit (first time mums)
32 weeks	Health visitor meeting –preparing for parenthood + individual plan of care for child/family with identified health needs
30 weeks	Antenatal classes
28 weeks	Community midwife appointment (clinic)
18-22 weeks	Anomaly scan
16 weeks	Community midwife appointment
11-13 weeks	Nuchal scan + weigh mother
Pregnancy begins	
8-10 weeks	First perinatal appointment



2.5 year contact:
Integrated review with early years settings

TO COME:
18 month contact:
Health Visitor Contact

3-4 months:
Post-natal nutrition education including infant nutrition (complementary feeding)

Ante-natal/post-natal diet & nutrition support

abetterstartsouthend.co.uk



*Healthy Child Pathway goes until the fifth birthday when health visitor formally hands-over to school nursing service, but A Better Start only runs until fourth birthday.

