



# 1 YEAR CHILD HEALTH CHECK EXPLAINED

1

## Why is the 1 year check important?

Your baby is now a toddler and learning how to be independent. This a great time for you to teach your child many new skills such as first words, using a spoon, learning boundaries and many other new things to set them up for life.



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## Why all the questions?

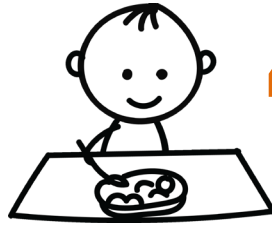
The ASQ questions help us to see if your child's development is on track – moving, playing listening and talking.

We are also interested in how your child gets on with others and how they see themselves.

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## Why measure weight and height?

Weight and height checks are part of the overall picture of your child's growth, health and wellbeing.



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## Why the eye check?

The Child Health Nurse checks for eye conditions because some can cause long-term problems if not found and treated early.

## What if the nurse says there is a concern?

We understand that parents might worry if the child health nurse says there is problem.

At 1 year most problems are small. There is time to make simple changes at home to help your child learn to do all the things that 1 year olds need to do.



Remember - you can make an appointment to see a Child Health Nurse at any time from birth until your child starts kindy.

## Referral to other health professionals in our team

Child health nurses work in a team that includes other nurses, physiotherapists, occupational therapists, audiologists, speech pathologists, podiatrists, dietitians and social workers.

We aim to work with you to meet your family's needs and goals.

All our services are free.

You may need to wait for an appointment, but a team member will ring first with ideas to help your child while you wait.

## Referral to other agencies

You might be referred to a GP, counselling service or parent support program. Most are free, but check first.

We want all our children to be  
#HealthyCountryKids



To make an appointment to see a Child Health Nurse in the <region>, call  
**0000 000 000**