



# 2 YEAR CHILD HEALTH CHECK EXPLAINED

## 1 Why is the 2 year check important?

It's an ideal time to promote development and learning so your child is ready for school and life.

The Child Health Nurse can help with questions about food, sleep, behaviour and toilet training, or any other concern you may have.



## 2 Why all the questions?

The ASQ questions help us to see if your child's development is on track - for walking, hearing, talking, hand and fingers skills.

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

## 3 Why measure weight and height?

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



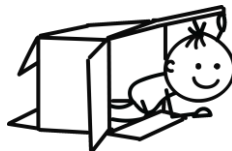
## 4 Why the eye check?

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 parent might worry if the Child Health Nurse says there is problem.

At 2 years most problems are small. There is time to make simple changes at home or get help so that your child is ready to start kindy.



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**

