

Calderdale Family Journey

Step 1 Planning a pregnancy

If you are thinking about having a baby, it may help to talk to your GP or use the Tommy's Tool for health information and advice

Step 2 Antenatal – during your pregnancy

Contact and support from both your Midwife and your Health Visitor with lots of advice and resources to share to prepare you for your baby's birth. If you are deciding how you want to feed your baby it may help to talk to a Breastfeeding Peer Supporter.

Register your child's birth within 42 days.

Step 3 When you first come home with your baby

A new birth visit from your Health Visitor to offer support, advice and a general health and well-being check-up for you and your baby.

Vaccinations are offered to your baby at 12 weeks.

Step 4 When your baby is 6 – 8 weeks old

Contact from your Health Visitor to offer further support and advice for you and your baby.

A routine check up for you and your baby with your GP.

Vaccinations are offered to your baby at 8 weeks.

Step 5 When your baby is 8 – 12 weeks old

Look at what Children's Centres are offering, such as a home visit to introduce you to their activities or Baby Stay and Play groups. Find out what activities are in your local community to support you, your baby and your wellbeing such as parent and baby groups to meet other families.

Vaccinations are offered to your baby at 16 weeks.

Step 6 When your baby is 3 – 4 months old

A Health Visitor contact to talk about your journey so far and preparing for introducing your baby to solid food from 6 months.

Step 7 When your baby is 9 – 12 months old

Discuss your child's development with a health professional at their developmental check, discuss the whole family's health and well-being and the next steps.

Step 8 When your child is aged over 1 year

Take part and join in activities like Toddler Stay and Play at Children's Centres. Meet with other parents and children by visiting local parks, toddler groups and libraries.

Vaccinations are offered to your baby at 1 year.

Eligible families can enjoy 2 year old free childcare and early education.

Step 9 When your child is aged over 2 years

Discuss your child's development and early language skills with a health professional at your child's 2 year old Integrated Review. Visit the library or join in with things happening in your area at toddler and parent groups or at Children's Centres.

Apply for 15 or 30 hours of funded early education

Step 10 When your child is aged over 3 years

Start thinking about when your child will start school and apply in time. Join in with activities delivered by your local Children's Centre, nurseries or schools, to prepare for starting school.

Step 11 When your child is aged over 4 years

Talk to your child about starting school. Meeting and talking with other parents who have children starting school at the same time can help. You can contact your Health Visitor too.

Vaccinations are offered to your child at 3 years 4 months.

Step 12 When your child starts Primary School

Keep supporting your child now they are ready to take the next exciting step of starting school.