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| **Health Milestones*****Increasing age*** |
| **Health Checks**  | Midwife and Health visitor checks at Birth | 1 year Health Check | 2 year Health Check | Child Obesity ChecksDentist school visits | Annual Health Checks with GP if registered with a Learning Disability |
| **Immunisations****(Taken from NHS England)** | **8 weeks**6-in-1 vaccineRotavirus vaccineMenB | **12 weeks**6-in-1 vaccine (2nd dose)Pneumococcal (PCV) vaccineRotavirus vaccine (2nd dose) | **16 weeks**6-in-1 vaccine (3rd dose)MenB (2nd dose) | **1 year** Hib/MenC (1st dose)MMR (1st dose)Pneumococcal (PCV) vaccine (2nd dose)MenB (3rd dose) | **2 to 10 years** Flu vaccine (every year)3 years and 4 months MMR (2nd dose)4-in-1 pre-school booster | **12 to 13 years**HPV vaccine | **14 years** 3-in-1 teenage boosterMenACWY |

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| **Increasing age** (early years to 25 yrs)skills development is not always a linear process  |
| **Mental Health** | Learning about feelings and emotions | Developing an awareness of the impact on emotions and feelings that relationships can have | Understanding relationships | Understanding mental well being | Understanding relationship choices |
| **Physical Health** | Undertaking regular physical exercise | Learning about the benefits of fitness  | Staying physically active and healthy | Learning basic First Aid | Developing an understanding the dangers of drugs, alcohol and tobacco |
| **Sexual Health** | Making Relationships | Developing an awareness of different types of relationships e.g Parent, friend, Teacher  | Starting Puberty and changes to the body | Relationship and Sex education | Understanding sexual relationships |
| **Managing Own Health Needs** | Trying different foods | Making Health choices | Managing minor health needs e.g. Asthma | Articulating pain or health problemsUnderstanding what your GP can help with and when you need to see them | Managing more complex needs | Taking responsibility for appointments, including dental and opticalTransition to Adult Health Services |
| **Online Health and Safety** | Using the internet with support | Developing an awareness of internet safety and harms | Switching off screens and getting a good night’s sleep |  |  |  |

**Resources / Who can help**

**Relationship Education, Relationships and Sex Education (RSE) and Health Education – DfE June 2019**

**NICE Transition Guidance**