



# Supporting children and young people's health: from 5–19 years old

Giving you the support and services you need  
to help keep your children healthy and well



# Every child deserves to feel fit, healthy and happy

We believe that by providing parents with the best advice, support and services, we can help children and young people fulfil their potential and grow into healthy adults.



You might already be familiar with the Healthy Child Programme. It's brought many benefits to pregnant mothers, their partners and children up to the age of five. Now we've used our evidence and research to extend the programme – and the benefits it brings – to all children and young people up to the age of 19.

during pregnancy and up until the child is five years old.

From the age of five, schools, colleges and other children's services will also begin to play their part through teaching and the wider experiences they offer your child or teenager. By delivering some of the support and services you and your children need through schools and further education organisations, as well as through your local health services, we can support your children and teenagers at regular intervals in their lives.



To really make a difference it's essential that families get the information, guidance and advice they need, when they need it. The Healthy Child Programme is delivered, mainly by local health services, to parents and families

## Who else will be involved?

Our vision is to build teams made up of experts from many backgrounds including health, education, youth justice and the community. They could include GPs, paediatricians, teachers, health visitors, school nurses, sexual health services staff, mental health workers and youth workers.

# How will this affect me and when?

You and your child will be offered a variety of health reviews, screening tests, support and information. These will be provided through local health services such as your GP and in your child's school.



**“Teachers tell us that ensuring every child gets a good breakfast in the morning, has a healthy lunch, gets support to deal with health problems and does PE and sport can help with their learning in the classroom.”**

## How will this affect me and when?

### Throughout your child's school years:

Your child will have the opportunity to do two hours of PE each week at school and be encouraged to take part in an additional three hours of sport per week within and beyond the school.

Your child will be provided with good-quality, healthy school meals that comply with government nutritional standards.

You can be confident that your child will have access to a range of support and advice that promotes a healthy lifestyle (eg through the Healthy Schools and Healthy Further Education programme).

Your child will have access, through the national curriculum, to Personal, Social Health and Economic education that includes (age-appropriate) content on:

- alcohol, tobacco and other drugs;
- sex and relationships education;

- nutrition and physical activity;
- individual safety; and
- emotional health and wellbeing, including the Social Emotional Aspects of Learning (SEAL) programme.

You can be confident that any emerging problems, including learning difficulties, will be identified early and responded to within the school or, where necessary, in collaboration with other professionals from wider children's services including specialist health services.

### Support and advice for families

It's our aim to make it easy for parents to access local services. All parents can access a wealth of information about parenting and childcare choices through Families Information Services and the Family Information Directory.



### **When your child starts primary school:**

You may be offered eyesight and hearing tests for your child and, if there are any concerns, your child should be referred for further tests.

You will be offered the chance to have your child's height and weight measured when they are in reception (aged 4 or 5), and you will be sent the results in a confidential letter.

You may also be offered a health review to ensure your child's health checks are up to date – for example, that your child is up to date with his or her immunisations.

You will be offered the chance to have your child's height and weight measured again when they are in Year 6 (aged 10 or 11).

### **When your child is at secondary school:**

Between the ages of 13 and 18 your child will be offered an immunisation booster, which protects against tetanus, diphtheria and polio.

To protect against cervical cancer, girls aged 12–13 will be offered the HPV vaccine.

You can be confident that a range of support and advice promoting healthy lifestyles is available to your child including, where necessary, access to contraceptive and sexual-health services and chlamydia screening.

### **Useful websites**

**NHS Choices**  
[www.nhs.uk](http://www.nhs.uk)

**NHS Teen Lifecheck**  
[www.teenlifecheck.co.uk](http://www.teenlifecheck.co.uk)

**Family Information Direct**  
[www.dcsf.gov.uk/familyinformationdirect](http://www.dcsf.gov.uk/familyinformationdirect)

**Parentline Plus**  
[www.parentlineplus.org.uk](http://www.parentlineplus.org.uk)

**Young Minds**  
[www.youngminds.org.uk](http://www.youngminds.org.uk)

**NHS 5 A DAY**  
[www.5aday.nhs.uk](http://www.5aday.nhs.uk)

**Change 4 Life**  
[www.nhs.uk/change4life](http://www.nhs.uk/change4life)

