

Information for carers of children aged 0-11

All children and young people in care are required to have a health assessment every year (twice a year for the under 5's).

The child's Initial Health Assessment (IHA) will be carried out by a specialist children's doctor at a local clinic or hospital.

This doctor will:

- Ask questions about the child's current and previous health history
- Check their height and weight
- Listen to their heart and lungs

Review Health Assessments (RHA's) are carried out by a Specialist nurse who will arrange to visit you and the child at home or invite you to a clinic at a mutually convenient time. The Nursing team and Social Care team have to ensure the assessments are carried out within one year (six months for under 5's) from the date of the last assessment to ensure Government statutory guidelines are adhered to.

During the assessment the nurse will ask lots of questions about the child in your care. These will include questions about their health and general wellbeing. The nurse will also check their height and weight and make sure there are no concerns about the child's vision, hearing or teeth.

You will also be asked to complete a Strengths and Difficulties Questionnaire and a Carers report because your knowledge of the child is very important and helps to inform the health assessment. We also need the details of any other health professionals and appointments the child has attended including dentist and optician visits. For children under 5 please ensure you have the Red Book available for the appointment.

We offer the child an opportunity to be seen alone if they wish. We will also ask the child if they have any questions or worries about their health as it is important their voice is heard too.

We can give advice about:

- Immunisations
- Child development
- Behavioural difficulties
- Bed wetting
- Healthy eating and exercise

Following the Health Assessment you will be sent a copy of the child's health care plan. Please read this as there may be actions for you or the young person to undertake.

We can also refer the child onto specialist NHS services if required.

You are welcome to contact us on 0300 131 4520 if you want to discuss any health concerns at any other time.

**Your
teeth**

**Healthy
Eating**

Sleeping

You can talk to the Nurse
for 'looked after' children
and young people about:

Exercise

Feelings

**Growing
Up**

**Keeping
Safe**

**Bed
Wetting**

Friendships