

Child Health PROMOTION

PARENT LEAFLET 2 YEAR REVIEW



Solihull Health Visiting Team

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Text Only

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<https://healthforunder5s.co.uk/>



@SolihullHVs



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NHS

South Warwickshire

NHS Foundation Trust

1

Healthy Eating and Vitamins

Children need a healthy balanced diet containing foods from each food group so they get a wide range of nutrients to help them grow and stay healthy. Try to give your child at least 350ml (12oz) of milk a day, or 2 servings of foods made from milk, such as cheese, yoghurt or fromage frais. Semi-skimmed milk can be introduced now your child is 2, provided your child is a good eater and growing well for their age. Alternative milks (apart from rice milk) can also be offered.

A multivitamin (including A,C,D) is recommended for all children until the age of 5. Here are some useful links to support a healthy diet for your child, including portion sizes, picky eating, and Healthy Start Vouchers



Links

<https://www.firststepsnutrition.org/>

<https://www.healthystart.nhs.uk>

<https://www.nhs.uk/conditions/baby/weaning-and-feeding/fussy-eaters/>

2

Oral Health



A regular teeth-cleaning routine is essential for good dental health. It is recommended that you brush your child's teeth **twice** a day for around 2 minutes with a smear of age-appropriate toothpaste. We also advise on regular trips to the dentist so they become familiar with the environment and any oral health problems can be identified at an early stage.

Most children want sweets, but you can help to prevent problems by making sure they don't have large amounts, and by having treats occasionally after a meal. Fizzy and sugary drinks including tea and milkshakes contain large amounts of sugar, which will increase the risk of tooth decay.

Your child should begin moving off the bottle by the age of 1. This is advised as the teats and spouts encourage children to suck for long periods of time, meaning the drinks that cause tooth decay stays in contact with your child's teeth for a longer time.

Prolonged use of dummies will encourage an open bite, which may also affect your child's speech development.



Links

<https://www.nhs.uk/live-well/healthy-body/kids-teeth-sweets-fizzy-drinks-faqs/>

<https://www.nhs.uk/change4life/food-facts/healthier-snacks-for-kids>

<https://www.nhs.uk/service-search/find-a-dentist>

3

Immunisations

Immunisations are important to ensure that your child stays healthy and well. If your child is currently not up to date with their immunisations, please contact your local GP surgery to book them. The next immunisations (4-in-1 pre-school booster) will be given at around 3 years 4 months old. If your child turns 2 before the end of August, they will be offered the nasal Flu spray during winter.

Links

<https://www.nhs.uk/conditions/vaccinations/nhs-vaccinations-and-when-to-have-them/>

<https://www.gov.uk/government/publications/the-complete-routine-immunisation-schedule>



4

Home Safety

As toddlers get older the more they want to explore the world around them. There are a number of dangers within the home that can cause injury to a small child. Here are some of the main hazards in the home.

- Accidental Poison (washing tablets, medication)
- Strangulation on wires and blind cords
- Drowning in bath, garden pools
- Ingestion of magnets, button batteries
- Burns and scalds
- Trips and Falls
- Choking
- Trips and Falls

Top Tip - Get down on the floor or to your child's level to see what hazards could be a potential danger in your home.

Car Safety

When using a car seat ensure it is age-suitable, that it meets the UK safety guidelines and is fitted correctly. It is advised that during colder winter months that you remove bulky outer clothing before strapping your child in their seat and use a blanket instead.

Links

<https://www.rospa.com/>

<https://www.capt.org.uk/>

<https://www.nhs.uk/conditions/baby/first-aid-and-safety/safety/baby-and-toddler-safety/>

<https://www.childcarseats.org.uk/>



5

Free 2 & 3 year Nursery Funding

Your 2 year old may be eligible for a free childcare place of up to **15 hours** per week (up to a maximum number of hours per term) the term following their second birthday. The family must be receiving certain benefits or meet other eligibility criteria.

Click on this link below to find out more

<https://www.solihull.gov.uk/children-and-family-support/earlyeducation2yearolds>

All children aged 3 to 4 are entitled to **15 hours** of early education funding per week, the term following their 3rd birthday. Some children are eligible for an **additional 15 hours** of early education funding meaning that they can access up to **30 hours** per week in total. After making an online application on

<https://www.gov.uk/30-hours-free-childcare>

you will receive a code confirming eligibility to take to your preferred childcare provider.

Stay and Plays

Stay and Plays provide a great environment for your child to play, explore, learn and socialise with other children of a similar age. They also enable you to socialise with other parents, sharing support & advice with each other. You can find local groups running in your community on the link below or our Instagram page @Solihullhvs



Links

<https://www.solihull.gov.uk/children-and-family-support>

<https://www.solihull.gov.uk/children-and-family-support/daycare>

NHS

South Warwickshire
NHS Foundation Trust

Sleep

Sleep struggles may include your child staying up too late, not staying in their own bed, not being able to fall to sleep on their own, or waking up during the night. Children are creatures of habit, so the most important thing when it comes to sleep is establishing a good bedtime routine. This may include calm activities before bed, a relaxing bath time and a storybook. It's important to understand that this won't necessarily happen straight away, and it can take time for new sleep routines to be embedded. Being consistent when developing a new sleep routine is vital to its success, however, once a good routine is in place it will be very effective.

The use of electronic devices (such as televisions, mobile phones, and tablets) close to bedtime can prevent your child from settling to sleep. This is because they produce light that is good at suppressing natural hormones in the brain that cause sleepiness.

Visit

<https://healthforunder5s.co.uk/sections/toddler/how-to-help-your-child-sleep/> for support and recommend strategies for supporting your child's sleep.



Other Links

<https://www.nhs.uk/conditions/baby/health/sleep-problems-in-young-children/>
<https://thesleepcharity.org.uk/contact/>

Toddler Behaviour

Difficult or aggressive behaviours (such as biting, snatching, kicking, pinching, scratching, pushing, or sulking) are really common in toddlers but can be very tricky for a parent to deal with, especially when they happen in public. Remember, as your child grows they go through development stages that are new to both of you. Toddlers are still in the early stages of talking and understanding emotions. When a child wants to do something but can't express this in a way that adults can understand, they rely on their behaviour to get their message across. They will express strong feelings by 'acting out' potentially resorting to unwanted behaviours.

Tiggers to difficult behaviour can include -

- Tiredness
- Hunger
- Frustration
- Jealousy
- Feeling overwhelmed
- Boredom
- Having no control
- Over excitement
- Unrealistic expectations
- Copying poor behaviours
- Inconsistent rules & boundaries
- Seeking attention or connection

Understanding what has led to your child behaving in a challenging way is crucial to trying to support them to make better choices. If you start recognising the signs that an outburst may be brewing you can take steps to distract your child, or to ensure their unspoken need is met.

When your child is behaving well, it is really important to give your child some positive feedback. This could be a high five, a hug, or a simple comment like 'Great building'. This should be done immediately and will help boost your child's self-esteem and confidence. Continue to praise at every opportunity when you see good, wanted behaviour. Praise can give your child something positive to strive for.

Link - <https://healthforunder5s.co.uk/sections/toddler/managing-difficult-behaviour/>

Free Course's Available

- Understand your Child
- Understanding your Child with Additional Needs

<https://inourplace.co.uk/> (CODE - APPLEJACKS)

Contact us for a place on our Positive Behaviour Zoom Session



Children can be ready for this new skill and the next step anytime between 18 months and 3 years old. Below are ways you can encourage your toddler to get ready for potty training, and our top 10 tips on supporting your child when starting this next stage. Remember every child will be ready in their own time.



Get your child involved with the nappy changing process. Change them standing up, get them to help with their clothing and then wash your hands together.

Encourage members of the family to leave the bathroom door open and allow your child to know what they are doing. Children learn by watching what we do and copying.

Talk about wee and poo or whatever you prefer to call them. Tell your child if their nappy is wet or dry when you change them. Talk about the wee/poo it contains.



Start changing your child's nappy in the bathroom so they begin to associate wee and poos with the toilet.

Get your child motivated using rewards like a sticker chart. Catch their interest by rewarding small steps like getting themselves dressed and washing their hands.

Read some picture books together about using the toilet or potty. Encourage other family members to do the same too.

Top 10 Potty Training Tips

1. Drink plenty

Make sure your child is having 6-8 drinks of water-based fluid a day to help keep their bowel and bladder healthy. Avoid fizzy/sugary drinks. Don't limit their drinks to help them stay dry as it doesn't work.

2. Check for constipation

Your child should poo at least four times a week and the poo should be soft and easy to pass. If they're passing hard poos or going less often than this, they may be constipated. Leaking, runny poo can also be a sign of constipation.

3. Use easy clothing

Clothes that are easy to pull up and down are the best; avoid fiddly zips and buttons. Choose clothes that are easy to wash and dry. It can help to practise getting dressed and undressed. Let your child choose their own pants and practise wearing them to get used to the feeling.

4. Pick a potty

Let your child choose a potty. Keep it in the bathroom and let them sit on it. You might want to have more than one potty to begin with. If you're using a children's toilet seat, consider a foot stool to help support them.

5. Routine

Try and establish a good routine at the start. Call it 'potty time' or 'toilet time' and go every 30-60 minutes. A trip to the toilet 20 mins after a meal is a good idea, as this can often be when they poo.

Keeping a toilet diary before you start can be a good idea, to get to know your child's toilet routine.

Top 10 Potty Training Tips



6. Keep it short

Don't let them sit for too long on the potty or toilet, two or three minutes is fine. Keep some toys handy to occupy them while they sit.

7. Encourage boys to sit down

They might also need a poo and sitting down will help them to go. They may empty their bladder better sitting down too.

8. Be consistent

If your child is looked after by a relative or goes to nursery or a childminder make sure you let them know that you're starting potty training and the way you're planning to do it. It really helps if everyone who cares for your child is doing the same thing.

9. Give lots of praise

For each little step like sitting on the potty, washing hands and getting dressed. Rewards are a good incentive – make them small and instant, like a sticker.



10. Be patient

Potty training is a skill which may take some time to learn, so don't be surprised if there are lots of accidents to start with. You might decide your child isn't ready after all, in which case stop potty training and have another go in a few weeks.

Links

www.eric.org.uk

Free helpline:
0808 169 9949

Free App
'Poo goes to Poland'
Contact us at
Solihull Health
Visiting Team

Remember...

Follow your child's lead

The 2-year review is the last scheduled contact from the Health Visiting Team unless support is needed or already in place. Your child will remain under our team until they start school. If you require any further support, advice, or have any queries or questions please contact us. All our contact information is on the first page of this leaflet.

... Remember to look out on social media for our school readiness Zoom sessions, for when your little one is nearing this milestone, also our website has some useful resources for 3-5 yr olds.