

Our Journey Birth to 5 Years

Stay up to date with your appointments and immunisations so you and your baby are healthy.

- Birth to 5 years is an important time when your child's growth can be very fast.
- During this time you and your child will be offered free appointments.
- Some appointments will be to review your child's health, growth and overall development, whilst others will provide the recommended childhood immunisations.



**Our Journey
Birth to 5 Years**

Attending the free appointments and getting early help will support you and your child to stay healthy.



Immunisations

- The best way to protect your baby against diseases such as measles, rubella, tetanus and meningitis is through immunisation.
- Unfortunately, many children in Hackney are still missing out on these important immunisations.
- Your GP practice will invite you to take your baby for their first injections from eight weeks of age.

Immunisations are really important to help keep your child and community safe, and should be given at the correct age. Delaying them can put your child at risk.

First point of contact

The nurse practitioner at your GP practice can answer any immunisation questions you may have. You can also speak to your health visitor about all the immunisation appointments available for you and your child.

Find out more at:

 [hackneyandcityhealthvisiting.nhs.uk/
yourchild/immunisation/](https://hackneyandcityhealthvisiting.nhs.uk/yourchild/immunisation/)

 education.hackney.gov.uk/birthtofive



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