

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

New baby review



Close and loving infant feeding



Talking, singing and reading builds your baby's brain!

6-8 week review

Back to sleep...



on tummy to play

Around 6 months



Introduce solid foods and pick up the cup

8-10 month review



Talk and play everyday!

Our Journey Birth to 5 Years

Visit the dentist for a first check up by age 1 year



Brush teeth twice a day as soon as they appear

Growing up



I'm tall and childcare

27 month review

Active play 3 hours a day



Moving more and sitting less

Pre-school immunisations



Make healthy snacks and drinks part of your 5 a day

Starting school



A healthy weight



Scan the QR code for more information about Birth to 5 Years

education.hackney.gov.uk/birthtofive



Homerton Healthcare
NHS Foundation Trust