

Your Family's Journey through Early Years



1) Antenatal During Pregnancy

Around 26 weeks, you'll be contacted by your Family Worker to offer guidance and support, including details on antenatal courses to help you prepare for your baby.



2) Birth Responsive Feeding

Within 72 hours of leaving hospital, the Responsive Feeding service will offer support with infant feeding, tailored to your needs.



3) Day 10-14 Birth Visit

Your Health Visitor will check your baby's growth and development as part of the Healthy Child Wales Programme, and encourage attendance for immunisations at 8, 12, and 16 weeks.

4) 2-6 Months Bright Beginnings

Join a supportive free 8-week course covering feeding, baby massage, developmental milestones, home safety, weaning, and your wellbeing.



5) 3-12 Months Lets Talk With Your Baby

Let's Talk with your baby is a FREE, fun and engaging 8-week programme for children aged 3-12 months in Caerphilly Borough.



6) 6 Months Family Health Review

Your Health Visitor will visit your home to talk about family resilience and offer support if needed, as part of the Healthy Child Wales Programme.



7) 15 Months Child Development Assessment

Your Health Visitor will carry out a developmental check to see how your child is growing and developing, as part of the Healthy Child Wales Programme.

8) 18 Months Talk With Me Contact

Join a session that supports your child's early language skills, helps build a communication-rich home, and encourages positive adult-child interactions.
In development*



15) 4-7 Years School & Beyond

Support is available for behaviour, routines, and wellbeing at home. Information shared about school holiday programmes such as Food and Fun in schools and Play in the Park.

14) 4-5 Years (Reception Class) School Health Nurse Review

Checks on your child's health needs including vision, hearing, and growth to help them reach their full potential as they start school.

13) 3 1/2 Years Family Health Review

Your Health Visitor will visit your home to talk about family resilience and offer support if needed.



12) 3-4 Years Early Years Education

Apply online for funded, part-time early years education from the term following your child's third birthday.



11) 27 Months Child Development Assessment

Your Health Visitor will carry out a developmental check to see how your child is growing and developing, as part of the Healthy Child Wales Programme.



10) 2-3 Years Flying Start Childcare

Check your eligibility for Flying Start Childcare and apply online. Regular part-time attendance at high quality childcare has shown to significantly improve outcomes for children.



9) 1-2 Years Child Development

Access tips and resources to support your child's early language and development.

