

**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.

**1) Antenatal
During Pregnancy**

Around 30+ weeks, your Family Worker, working alongside your Midwife, will contact you to offer guidance and support, including details of 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
Let's 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) 6-8 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- 17 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) 18-21 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*

**9) 1-2 Years
Child Development**

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

**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.

**11) 27 Months - 30 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.

**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.

**13) 3 Years 7 Months - 3 Years 11 Months
Family Health Review**

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

**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.

