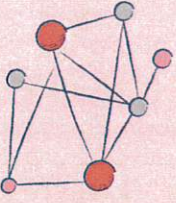
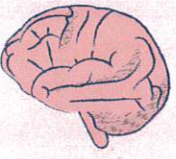
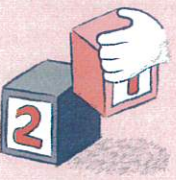
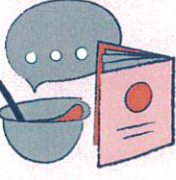
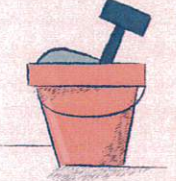
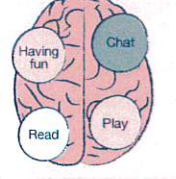



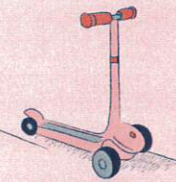
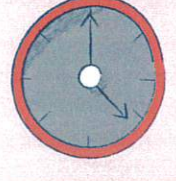
Appendix 3: Example infographic for parents

The progress check at age two can support you with ideas to help your child's development at home. Research tells us that what parents do is crucial. The first five years are the most important years for health and happiness in adulthood. What does your child need?



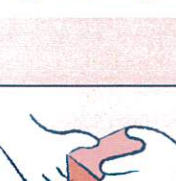
To help me thrive, feed my brain

	When you chat, play and read with me, my brain forms more than a million new connections every second.
	My brain is already about 80% of its adult weight.
	I like it when we play and have fun – I don't have to feel like I'm 'learning'.
	I don't need you to set a time. You can chat, play or read with me on the way to nursery, while you're making a meal or even in the supermarket.
	I don't need pricey books or toys.
	It all goes in.

Let me be active

	When I'm active, I'm happy and healthy – and I sleep better, too.
	I love to play with toys, walk, jump, run, dance and scoot.
	Aim for at least three hours across everyday.

Help me with my emotions

	I am learning to talk about how I feel. "I love it when..." "I'm sad because..."
	I am beginning to understand how to wait for my turn. I am learning to control my feelings when I want something.
	I am learning how to make friends with other children.

What happens early matters for a lifetime

Health summary for parents to fill in

Is your child:		
Registered with a GP	Registered with a dentist	Under the care of any other health professional

Do you have any concerns about your child's:				
Walking	Talking	Hearing	Sight	Happiness

Would you like help with your child's:			
Eating and healthy weight	Toilet training	Hearing	Sight

Early help: stopping small issues from becoming big problems			
Would you like:			
Advice from your early years practitioner	Advice from your health visitor	Referral to your local Sure Start Children's Centre	Referral to your local Family Hub