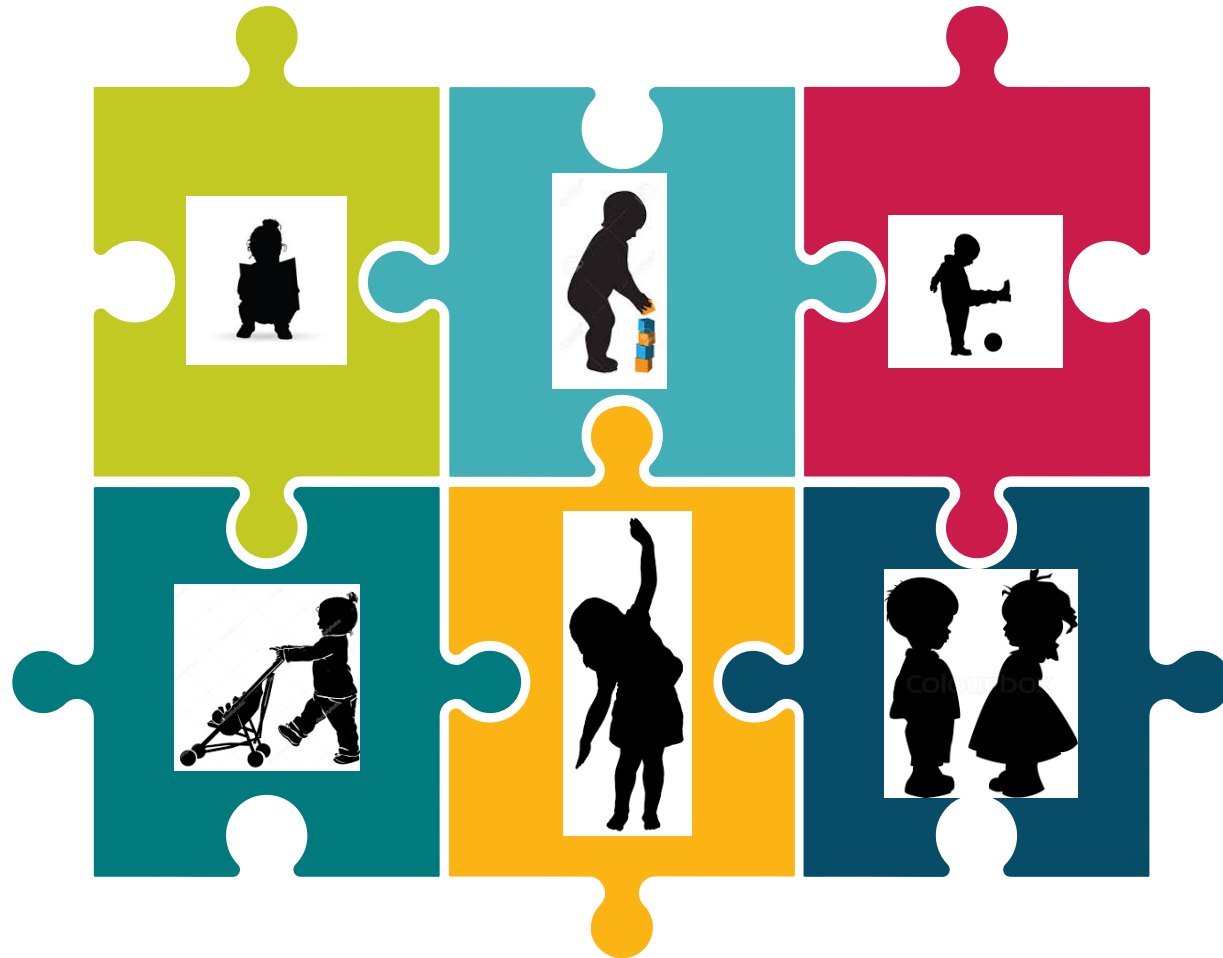
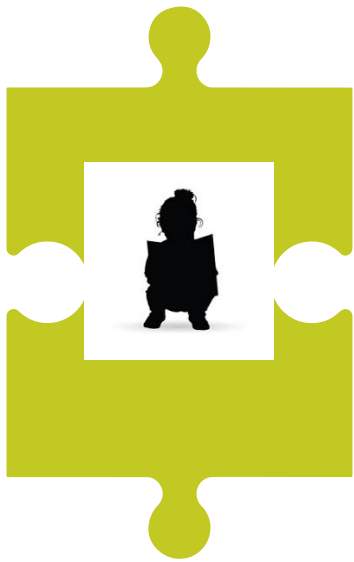


Your 2 year old's health checks

What to expect and where to access further advice



- Communication, Language & Literacy
- Fine Motor Skills
- Gross Motor Skills
- Personal, Social & Emotional Development
- Problem Solving
- Useful Information and contacts



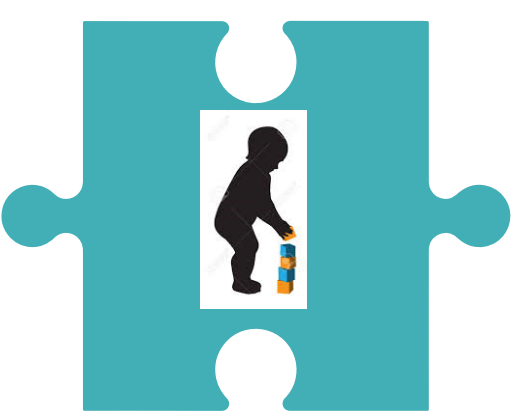
Communication, Language and Literacy

Checks will investigate such things as whether your child:

- Can follow an instruction such as 'get your book'
- Can name some animals or parts of their own body, 'where's your head?'
- Uses the words 'me' and 'mine'
- Can understand verbal instructions
- Can construct 3-4 word sentences
- Is intelligible to familiar adults

Where you can go for more help:

- Let's Get Talking – your local Children & Family Wellbeing (CFW) Centre
- I Can website <https://ican.org.uk/i-cans-talking-point/parents/ages-and-stages/>
- Every Child a Talker website <https://resources.leicestershire.gov.uk/education-and-children/early-years/childcare-practice/teaching-learning-and-assessment/every-child-a-talker-ecat/early-interventions-nhs-partnerships>
- Hearing Impairment advice – Specialist Teaching Service- 0116 305 9400 <https://www.leicestershire.gov.uk/education-and-children/special-educational-needs-and-disability/education-and-childcare/hearing-impaired-and-deaf-children>
- Babble Back – Charnwood CFW Centre
- Getting Chatty (NHS) - <https://healthforunder5s.co.uk/sections/toddler/getting-chatty/>



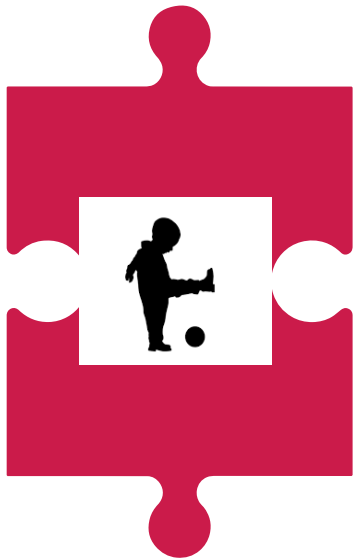
Fine Motor Skills

Checks will investigate such things as whether your child can:

- Make a tower with 7 or more blocks
- Thread beads or pasta
- Imitate a line drawing
- Turn a doorknob or wind-up toy
- Turn the pages of a book

Where you can go for more help:

- Learning Through Play – your local CFW Centre
- Inspiro – Help Your Child Develop Fine Motor Skills <https://www.inspiro.org.au/blog/improve-your-childs-fine-motor-skills>
- Learning Through Play (NHS) - <https://healthforunder5s.co.uk/sections/toddler/learning-through-play-2-3-years/>
- Tiny Happy People (BBC) - <https://www.bbc.co.uk/tiny-happy-people/18-to-24-month-old-child-development-activities>
- Stay and Play – your local CFW Centre



Gross Motor Skills

Checks will investigate such things as whether your child can:

- Walk and run without falling
- Climb up and down 2 or more steps or stairs
- Jump with both feet off the ground
- Kick a ball

Where you can go for more help:

- Stay & Play – your local CFW Centres
- Visual Impairment – Specialist Teaching Service 0116 305 9400
- Chat Health textline – 07520 615 382
- 8 Gross Motor Skills Activities
<https://www.understood.org/en/learning-thinking-differences/child-learning-disabilities/movement-coordination-issues/8-gross-motor-skills-activities-for-kids>
- Learning Through Play -
<https://healthforunder5s.co.uk/sections/toddler/learning-through-play-2-3-years/>



Personal, Social & Emotional Development

Checks will investigate such things as whether your child can:

- Copy gestures
- Use cutlery
- Demonstrate appropriate play with common toys
- Put a coat on without help
- Refer to self as 'I' or 'me'

Where you can go for more help:

- Learning Through Play – your local CFW Centre
- Stay & Play – your local CFW Centre
- Solihull Groups (for parents/ carers, understanding your child) – your local CFW Centres
- Learning Through Play (NHS) - <https://healthforunder5s.co.uk/sections/toddler/learning-through-play-2-3-years/>



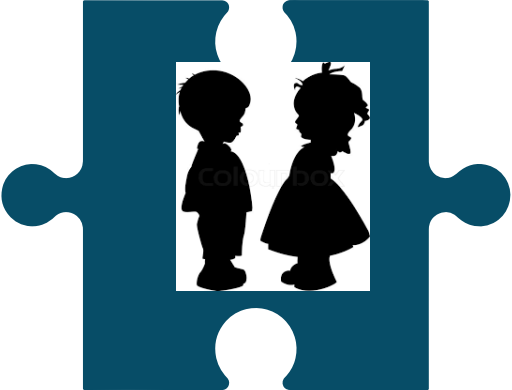
Problem Solving

Checks will investigate such things as whether your child can:

- Pretend or engage in imaginative play
- Know where items are kept and put things away
- Work out how to access things that are out of reach
- Copy lining up 4 objects
- Picture recognition

Where you can go for more help:

- I Can website <https://ican.org.uk/i-cans-talking-point/parents/ages-and-stages/>
- PICL (Parents Involved in Children's Learning) – your local CFW Centre
- Learning Through Play – your local CFW Centre
- Learning Through Play (NHS) - <https://healthforunder5s.co.uk/sections/toddler/learning-through-play-2-3-years/>



Useful Information & Contacts

For impartial advice about Leicestershire SEND:

SENDIASS, Special Educational Needs & Disabilities Advice and Support Service – 0116 305 5614

Leicestershire County Council

Early Years SEND & Inclusion, includes Portage, EY SEND Advisors, EY Communication & Interaction Team – 0116 305 7136

Early Years Funding – 0116 305 6208

<https://www.leicestershire.gov.uk/education-and-children/early-years-and-childcare/funded-childcare-places/funding-for-2-year-olds>

Specialist Teaching Service, includes Hearing Impairment, Visual Impairment, Autism Outreach Team – 0115 305 9400

Children & Family Wellbeing Centres

Charnwood – 0116 305 5247

Melton Mowbray – 0116 305 1060

Hinckley & Bosworth – 0116 305 5601

North West Leicestershire – 0116 305 5993

Blaby, Oadby & Wigston – 0116 305 5282

Market Harborough – 0116 305 5320

Health

Care Navigators, can help you to access Health Visitors, Speech & Language Therapy and other therapists

North & South Charnwood, Lynne Brooks – 07827 879 700

Melton & Rutland, Graham Walker – 07884 460 278

Hinckley & Bosworth and North West Leicestershire, Gemma Cole – 07827 449 413

Blaby, North & South Charnwood, Jane Campbell – 07884 458 533

Harborough, Oadby & Wigston, Jo Houlston – 07900 914 728

Other Sites

Children & Family Wellbeing Service

<https://www.leicestershire.gov.uk/education-and-children/early-years-and-childcare/children-and-family-wellbeing-centres>

Early Years – Extra Help for Pre-school Children

<https://www.leicestershire.gov.uk/education-and-children/special-educational-needs-and-disability/education-and-childcare/extra-help-for-pre-school-children>

Parent Carer Forum

<https://www.leicestershirepcf.org.uk/>

Care Navigators

<https://www.leicspart.nhs.uk/service/care-navigation/>

Healthy Together (Health Visitors and School Nurses)

<https://www.leicspart.nhs.uk/service/healthytogether/>

Your Child at Two (NHS)

<https://healthforunder5s.co.uk/leicestershire/collecti- ons/your-child-at-two/>