

# Life Course Healthy Child Programme 0-19

## Universal

Health and development reviews  
Screening and physical examinations  
Immunisations  
Promotion of health and wellbeing, e.g.

- smoking
- diet and physical activity
- breastfeeding and healthy weaning
- keeping safe
- prevention of sudden infant death
- maintaining infant health
- dental health

### Promotion of sensitive parenting and child development

### Involvement of fathers

Mental health needs assessed

### Preparation and support with transition to parenthood and family relationships

### Signposting to information and services

## Universal plus

Emotional and psychological problems addressed

Promotion and extra support with breastfeeding

Support with behaviour change (smoking, diet, keeping safe, SIDS, dental health)

### Parenting support programmes, including assessment and promotion of parent-baby interaction

### Promoting child development, including language

- additional support and monitoring for infants with health or developmental problems
- common Assessment Framework completed

## Higher risk

High-intensity-based intervention

Intensive structured home visiting programmes by skilled practitioners

Referral for specialist input

Action to safeguard the child

Contribution to care package led by specialist service.

The best start  
for all children



Safeguarding