

# ready to learn

the 30 month child health check

Getting your child ready for nursery and life





## why has my child been offered a ready to learn check?

Your child will soon be 30 months and new Government guidance recommends that all children should have a check on their health and development at this age. The check has been designed to ensure your child's health and development is as good as possible: to ensure they are Ready to Learn in nursery and then in school.

## what is involved?

The Ready to Learn check is a short visit with your Health Visitor and it will last between 30 and 40 minutes. The Health Visitor will ask you some questions about how your child's speech and behaviour are developing. This is also a chance for you to raise any questions you might have about your child's health.

## who should accompany my child?

It's really important that your child attends the check and that the main person who cares for them comes along. This is because the Health Visitor will want to know your child is developing and the main carer is in the best position to know about their child's development.



## what happens if my child needs help?

If any issues are identified, your Health Visitor will discuss what support can be offered to help prepare your child to enter nursery. This might involve simple changes which can be made at home to support your child's development. There may be a further visit with the Health Visitor to see how things are improving. Alternatively, your Health Visitor might seek support from other health professionals to help your child get ready to learn.



The Ready to Learn check is important as evidence shows that this will improve your child's chances at school and later in life. We understand that attending can be difficult for busy parents and carers, but we want your child to be ready for nursery and we know you want the best for your child.

Details about your appointment are included in a letter with this leaflet. If there are any problems, please contact your Health Visitor using the details provided on the appointment letter in order to arrange another time to meet.





For further information contact:  
Public Health Resource Unit  
Telephone 0141 201 4915  
[www.nhs.gov.uk/phru](http://www.nhs.gov.uk/phru)

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