



## Your child's two year health and development review, including the Ages & Stages Questionnaires (ASQ-3™)

**When your child is two years old, they will be offered a health and development review by your local health visiting team. This is an opportunity to talk about your child's progress, learn more about what you can do to help their development, and make sure that you have any support that you need.**

This review is not a 'test' but will help you as parents / caregivers to support your child's development.

Information from your child's review is also collected to help build a national picture of how children are developing at age two (the information collected for this national picture will not be able to be linked to individual children).

**More information on Page 2**

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**For additional fact sheets  
see [www.ihv.org.uk](http://www.ihv.org.uk)**

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## The two year review will include:

- height and weight measurements;
- developmental review (based around the ASQ-3);
- behaviour and health review;
- health promotion (e.g. advice about healthy eating, keeping active, managing behaviour, encouraging good sleeping habits, dental hygiene and visits, keeping your child safe, and immunisations);
- any of your concerns which have not already been covered.

As a parent you are the best source of information about your child and all that they can do! At the review you can use your knowledge of your child, the information from the questionnaire and your health visitor's expertise to discuss your child's health and development.

You might like to make a note of anything you would like to discuss at the review on the 2 year review page of your child's personal child health record (Red Book).

## Why is there a review at age 2?

Age 2 is an important stage in your child's development, when they are beginning to talk and to interact more with other people. If your child needs extra help, for example with learning to talk, early support at this age can make a real difference.

## What is an Integrated Review?

If your child spends time at a pre-school, nursery or with a childminder, their two year health review may be integrated with their early education progress check at age two. An integrated review will help you see the whole picture of your child's health and education development. This means that your child's key person, with your permission, may also take part in the review, either in person

or through sharing their view of your child's development with the health visitor before or after the meeting.

## Completing the ASQ - 3 Questionnaire

- You may be asked to complete an ASQ-3 questionnaire before you take your child for their two year review.
- The questionnaire looks at children's communication skills, their balance and how well they use their arms, legs, hands and fingers (i.e. gross and fine motor skills), problem-solving skills, and their personal and social development.
- You will be asked to answer "yes", "sometimes" or "not yet" to a series of short questions about your child's development. Examples of ASQ-3 questions are *Does your child turn the pages of a book by herself? (She may turn more than one page at a time)* and *When playing with a favourite soft toy or doll, does your child cuddle it, pretend to feed it, put it to bed, etc?*
- The questionnaire helps both you and your health visitor to understand how your child is progressing and tells you about some of the developmental milestones that happen around this age. Don't worry if your child is not doing all of the things mentioned in the questionnaire, as all children develop at different rates. You will be able to discuss this with your health visitor at the review.
- The questionnaire does not take long to complete, but you may like to spread it out over a few days and take time to enjoy playing with your child. If, for any reason, you are not able to fill out the questionnaire before the review, you will be able to complete it with the health visitor at the review.
- The questionnaires are designed for specific ages so it is important that you are given the right one for your child. If you have to change the date of your child's review you may need a new questionnaire. Please ask your health visitor if you are unsure.

\*Ages & Stages Questionnaires®, Third Edition (ASQ-3™), Squires & Bricker, © 2009-2015 Paul H. Brookes Publishing Co. All rights reserved. Adaptation into British English prepared with the Department of Health.

### More information on Page 3

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- If you don't have particular play things to be able to do an activity mentioned in the questionnaire, do not worry. Your health visitor will be able to help at the review.

## What if my child needs extra help?

- If there are areas where your child needs extra help, the review provides the opportunity for the right support to be put in place. If this is the case then your health visitor will discuss this fully with you.

## What if my child is already identified as having Special Educational Needs and Disabilities?

- If you are the parent of a child who has already been identified as having Special Educational Needs and Disabilities your health visitor will discuss with you whether the ASQ-3 is appropriate for your child, and, if not, they will offer an alternative approach to be used at your child's two year review.

## What else can I do to help my child develop?

- Ask your health visitor for a copy of the activity sheet that accompanies the questionnaire – either for your child's current age or for the next one. The activity sheets include ideas of how you can support your child's development.

For additional information see: What to Expect, When – a Parent's Guide [bit.ly/1AIn86p](http://bit.ly/1AIn86p)

## Further information:

You can find more tips for parents on related topics including toilet training, sleep, and nutrition at:

[bit.ly/12QENP2](http://bit.ly/12QENP2)

You can sign up for regular emails and short videos from the Start4Life Information Service for parents:

[bit.ly/1Ju7BMk](http://bit.ly/1Ju7BMk)

Further information on understanding and supporting your child's development can be found at the following links:

What to Expect, When – a Parent's Guide

[bit.ly/1AIn86p](http://bit.ly/1AIn86p)

Supporting Your Child's Development

[bit.ly/1F1yo33](http://bit.ly/1F1yo33)

Play Activities

[bit.ly/1Ee4ip6](http://bit.ly/1Ee4ip6)

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