

A guide about your birth to 10-years-old

Looked After Children's Service health assessment

When to see the nurse...

- If you are five-years-old or younger, you will see the nurse twice a year.
- If you are older than five, you will see the nurse once a year.

What happens when you see the nurse...

They will ask you:

- what activities and exercise you do in your spare time
- if you sleep and eat well
- how you are feeling
- about school or nursery

They will check your weight and measure you to see how much you've grown.

You can ask the nurse questions.

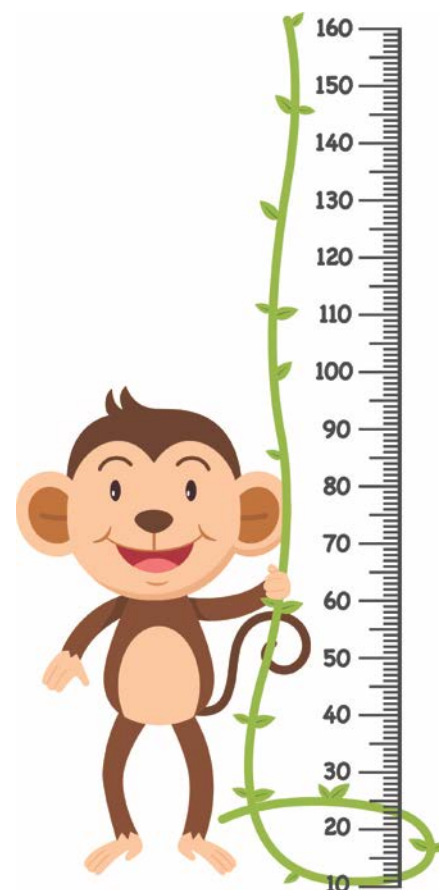
You can tell them if you are unhappy about anything.

How to stay healthy...

The nurse will talk to you about ways to keep healthy and safe.

Together we will make a plan to help you stay healthy until you see us again. The plan might include:

- visiting the dentist for check-ups
- brushing your teeth twice a day
- having your eyes tested when you start school.



Contact us

My nurse is

Phone: 0300 123 4461

Monday to Friday, 9am to 5pm

Visit: www.kentcht.nhs.uk/lookedafterchildren

Do you have feedback about our health services?

Phone: 0300 123 1807

8am to 5pm, Monday to Friday

Text: 07899 903499

Email: kentchft.PALS@nhs.net

Web: www.kentcht.nhs.uk/PALS

Patient Advice and Liaison Service (PALS)

Kent Community Health NHS Foundation Trust

Unit J, Concept Court

Shearway Business Park

Folkestone

Kent CT19 4RG

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