

East Sussex Early Years Physical Development Pathway

0 – 5 Years Targeted Support

- Health Visiting & Children’s Centre Offer
- HENRY: Balanceability
- Health Visiting team offer extra visits to monitor growth and development
- If concerns about development Health Visitor uses Schedule of Growing skills to identify specific areas requiring referral
- Sensory Circuits (CITES)
- School Health Service – for children aged 4 and over .

0 – 5 Years Specialist Support

- ISEND Early Years Service referral process for children whose physical need may impact on their ability to access the environment and curriculum; this can include advice, signposting and additional referrals. Guidance on more general aspects of fine motor or co-ordination skills.
- Childrens Integrated Therapy Service (CITES) Specialist Equipment e.g. postural management
- Referral to Paediatrician (child development clinic), CITES, dietician, etc

3 – 5 Years Specialist Support

- Disabled Facilities grants (via CITES)



Pre-birth and 0-3 months Universal Support

- Antenatal care to monitor growth of unborn baby
- Physical check by doctor at birth
- Post natal group offered to first time mothers
- Health Visitor reviews at 10-14 days & 6-8 weeks

3 - 24 months Universal Support

- Health review at 1 year to monitor growth and development

2 – 3 Year Old Universal Support

- Integrated Progress Review at 27 months completed by Health Visiting teams and Early Years settings

4 – 5 Year Old Universal Support

- School Health Service
- National Child Measurement Programme

0 - 5 Year Old Universal Support

- Option to attend Child Health Clinic for advice and guidance
- Physical Development leaflets and referral pathways

Universal Training and Support

- PD elements of 0-36 month Child development training
- Balanceability (Balanceability training is available through the Health Visiting and Children’s Centre Service)
- Healthy Eating/Physical Activity Co-ordinator support for settings

Glossary

- **Balanceability** – An accredited ‘learn to cycle’ activity programme that is delivered by Balanceability trained Early Years practitioners in Early Years settings. It is aimed at children who are 2½ to 4 years old and focuses on movement patterns, gross motor skills and dynamic balance using a balance bike. Children learn how to pick up, manoeuvre, mount and dismount their bikes and then learn the skills to ride a balance bike (and transition to a pedal bike) safely.
- **Child Development Clinic** – Is part of The Community Paediatric Service which focuses on seeing children with possible developmental problems because of underlying medical issues. They give advice to parents, other professionals and education services. They are a multi-disciplinary team who meet the needs of the children they see.
- **CITES** – Children’s Integrated Therapy and Equipment Service are a team of physiotherapists, occupational therapists, speech and language therapists, therapy assistants and administrators who provide an integrated therapy service for children and young people from birth. They help children with significant developmental difficulties that make everyday life difficult. This includes neurological or movement disorders, respiratory disorders such as cystic fibrosis and speech, language and communication difficulties. They also support disabled children who require specialist equipment and housing adaptations.
- **HENRY** – Health, Exercise and Nutrition in the Really Young; this is an evidence based child obesity prevention family programme. It adopts a strength-based and solution-focused approach to help parents give babies and young children the best start in life by focusing on factors known to be associated with later obesity. It covers parenting skills, eating patterns and behaviours, healthy eating, physical activity and emotional well being. This programme is offered by The Health Visiting and Children’s Centre Service.
- **The HV and CC Service** – is the Health Visiting and Children’s Centre Service which delivers the Healthy Child Programme and Early Help Services.
 - **Healthy Child Programme** reviews - Universal assessments and reviews of the health and wellbeing of pregnant women, children under 5 years and their families. The reviews should identify children and families in need of additional health and wellbeing support, children at risk or those suffering from poor health or wellbeing.
 - Targeted **Early Help** – is offered by Family Keyworkers in East Sussex, and aims to improve outcomes for families with multiple and complex problems.
- **Healthy Eating/Physical Activity Co-ordinators** – Provide information, guidance and support to early years settings on evidence based approaches for enhancing healthy eating, physical activity and oral health provision. They also deliver relevant training as part of the role.
- **ISEND** – The Early Years SEN and Disability team supports children (aged 0-5) with disabilities and/or complex needs whose difficulties create a significant barrier to learning and/or inclusion, and provides specialist support and advice to parents and children in their home, and to pre-schools and parents when a child starts school.
- The **National Child Measurement Programme (NCMP)** measures the height and weight of children in reception class (aged 4 to 5 years) and year 6 (aged 10 to 11 years) to assess overweight and obesity levels in children within primary schools. This data can be used at a national level to support local public health initiatives and inform the local planning and delivery of services for children.
- **School Health Service** – supports school age children Integrated Progress Review (IPR) at 27 months – undertaken by Health Visitors and the child’s preschool setting if they attend one [IPR](#)