

Wednesday, 27 May 2020

[Health and Social Wellbeing Improvement](#)



This book provides information on caring for children up to five years old and contact details for useful organisations. It is available to new parents resident in Northern Ireland through primary care services (antenatal clinics, GPs or health visitors).

The book can be downloaded as a single document or by chapters.

Please note this book was published before the COVID-19 pandemic and should be read along with the guidance at www.pha.site/coronavirus and www.ni-maternity.com

Details

Format

172 page A4 book

Target group

New parents

Downloads

Attachment	Size
Birth to five 2020 - 172 pages.pdf	5.06 MB
Contents pages 2-3 Birth to five 2020.pdf	75.88 KB
Chapter 1 Taking care of yourself as a parent pages 4-21 Birth to five 2020.pdf	592.69 KB
Chapter 2 Feeding your baby and young child pages 22-75 Birth to five 2020.pdf	2.07 MB
Chapter 3 Taking care of your baby and child pages 76-103 Birth to five 2020.pdf	925.23 KB
Chapter 4 - A guide to your child's growth and development 104-123 Birth to five 2020.pdf	676.74 KB
Chapter 5 Learning and playing pages 124-136 Birth to five 2020.pdf	464.42 KB
Chapter 6 Keeping your child safe pages 137-160 Birth to five 2020.pdf	495.16 KB
Chapter 7 Your rights and benefits page 161 Birth to five 2020.pdf	66.25 KB
Glossary of useful terms pages 162-164 Birth to five 2020.pdf	50.46 KB
Useful organisations pages 165-168 Birth to five 2020.pdf	84.3 KB
Index pages 169-171 Birth to five 2020.pdf	45.11 KB

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