

Our Journey - Birth to 5 Years

**Stay up to date with
your appointments and
immunisations so you and
your baby are healthy**

- Birth to 5 years is an important time when your child's growth can be very fast.
- During these first five years you will be offered FREE appointments to review how you and your child are getting on.
- Some appointments will be to review your child's health, growth and overall development, whilst others will provide the recommended childhood immunisations.

**Attending these FREE appointments and
getting early help for you and your child will
support you and your child to stay healthy.**

In partnership with

 **Hackney**


Homerton
University Hospital
NHS Foundation Trust

Immunisations

- One of the best ways to protect your baby against diseases such as measles, rubella, tetanus and meningitis is through immunisation.
- Unfortunately many children in Hackney are still missing out on these important immunisations
- Your GP practice will invite you to take your baby for their first injections by eight weeks of age.
- Normally these first immunisations will be provided at the same time as the 6-8 week check with your doctor.

Remember, immunisations are really important to help keep your child and community safe, and should be given at the correct age. Delaying them can put your child at risk.

First point of contact

The nurse practitioner at your GP practice will be happy to answer any questions you may have about immunisations.

You can also speak to your health visitor about all the appointments available for you and your child.



Find out more at:

hackneyandcityhealthvisiting.nhs.uk/your-child/immunisation/

education.hackney.gov.uk/birthtofive