



# East Sussex Early Years Physical Development Pathway

## Universal Support

0 to 5 years



- Physical Development Monitoring Tool
- Healthy Child Programme
- Option to attend Child Health Clinic for advice and guidance
- Physical Development leaflets
- Open for Parents website
- 50 Things to do Before You're 5 website and phone app
- SEND Early Years telephone advice line

## Pre-Birth and 0 to 3-months



## East Sussex Physical Development Pathway

- Health Visiting team do antenatal, new birth and 6-to-8-week reviews.
- Post-natal workshops offered to first time mothers.

### 3 to 24 months



- 12-month review by Health Visiting teams to monitor growth and development

### 2 to 3 years



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

### 4 to 5 years



- School Health Service, Reception year assessment
- National Child Measurement Programme, Reception year

## Universal Training

### 0 to 5 years

- Physical development elements of the 0 to 36 month Child Development e-learning

- Healthy Active Little Ones Co-ordinator support for settings (including Balanceability)

## Targeted Support

### 0 to 5 years

- HENRY
- Balanceability (Early Help 0 to 19 creche provision)
- Health Visiting team offer extra visits to monitor growth and development
- Schedule of Growing skill used by Health Visitor if there are concerns about development. Identifies specific areas requiring referral.
- Sensory Circuits (Children's Integrated Therapy and Equipment Service, CITES)
- School Health Service (for children aged 4 and over) Ready Steady Go

## Specialist Support

### 0 to 5 years

- SEND Early Years referral for children whose physical need might impact on their ability to access:
  - the environment
  - the curriculum

Includes advice, signposting, and additional referrals. Guidance on more general aspects of fine motor coordination skills.

- CITES specialist equipment e.g., postural management
- Referral to a Paediatrician (Child Development Clinic), CITES, dietician etc.

### 3 to 5 years

- Disabled Facilities grants (via CITES) to support children who are unable to hold their own weight or do supported standing transfers.
- CITES

