



WHAT IS NHS BABY LIFE CHECK?

If you're a mum, dad or carer of a baby aged 5–8 months, NHS Baby LifeCheck can help you get some answers to those important questions you may have. It's an easy to use online service that will help you find out how you're doing during this important time for your baby's development and give you some useful advice.

WHAT TOPICS DOES IT COVER?

The NHS Baby LifeCheck covers a whole range of topics that you may have questions or concerns about. These include your baby's development, talking, playing and learning, feeding, sleeping, teething, keeping your baby safe and protecting your baby against disease.

You'll be asked a short series of questions about these topics that will take you about 10 minutes to complete. Don't worry, all your answers are completely private.

The NHS logo, consisting of the letters 'NHS' in white on a blue rectangular background.

How's my baby doing?

WHAT HAPPENS WHEN I'VE ANSWERED THE QUESTIONS?

Your answers will be used to give you more information and to support you in making the best decisions for your baby. It also suggests things you might like to think about doing to help keep your baby healthy, happy and safe. There will also be links to useful websites.

HOW DO I DO IT?

Just visit www.nhs.uk/babylifecheck and answer the simple questions.

WHAT IF I STILL WANT TO TALK TO SOMEONE?

If you have any concerns or are worried about your baby, you should talk to someone you trust, for example, someone at your local Sure Start Children's Centre or a health care professional.

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BabyLifeCheck

www.nhs.uk/babylifecheck