

# Getting ready for school

Your child can get a **free** 4-year old health and development check at preschool or long day care.



Information sheet for families

# The 4-year old health and development check:

- helps track how your child is developing for their age
- helps find any support they need before starting school
- can also be done at your doctor or child and family health service.

## During the check

Health professionals will look at things like your child's:

- height, weight and oral health
- listening and talking skills
- social skills and behaviour
- gross and fine motor skills
- thinking and problem-solving skills.

No vaccinations are given.

Your child's educator will be with them at all times. You can also attend if you want to.

## After the check

You'll get a summary on how to support your child. Health staff will help you with any further support your child needs.

You can talk to your child's educator about how they can support your child. You may also want to share the report with them.

## Frequently asked questions

**Q.** Why are preschools and long day care services offering these checks?

Many children in NSW don't get their 4-year check. By making it easier to get the check, more children can get the support they need before starting school.

**Q.** How do I sign my child up for their free check?

Your preschool or long day care will tell you when the checks are on. Sign and return the consent form before the day of the check.

**Q.** What if my child can't attend the check on that day?

Your child can get their 4-year check at their doctor or local child and family health service.

**Q.** What if my child has already had their 4-year check?

Your child doesn't need to have the 4-year check again if they've already had it.



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