

# Healthy Toddler Assessment



When it comes to detecting health concerns in children, sooner is better



## What is the Healthy Toddler Assessment?

- It is an 18-month-old child assessment
- It is for all New Brunswick children when they turn 18 months and is available up until 24 months
- It is provided by public health nurses in the Regional Health Authorities
- Public health nurses will assess the developmental progress of your child
- This assessment allows for the early detection of health concerns in your child

## Why should my child be assessed?

- Toddlers come in all shapes and sizes, eighteen months is an important stage in your child's development as he/she moves from infancy to the preschool years
- Some children may need more help and support so they meet their potential
- Developmental delays in children are not always obvious and can occur in children who appear to be developing typically
- Most children who would benefit from extra help are often not identified until after they start school
- It is important for children to get extra help and support as early as possible if they need it



## How will this have a positive impact on my child?

- The assessment will support the healthy growth and development of your child
- It will provide early screening and assessment to identify health concerns in your child
- It will help identify services in the community to support the development of your child
- If your child needs additional support or early intervention it is important to start this as early as possible
- If needed your child can be referred to other health care providers
- Intervention can have its greatest impact during the first years of your child's life



## Parents have many questions about their child's development

- How is my child developing?
- What immunizations does my toddler need?
- How can I help my toddler be safe and accident free?
- Does my toddler have risks of hearing or vision problems?
- What should my child be eating?
- Is my child growing well?
- What activities can I do with my child to promote their development?

The Healthy Toddler Assessment will give you one hour or more of a Public Health Nurse's time to assess your child and answer any of your questions.

**For more information visit [www.gnb.ca/healthytoddler](http://www.gnb.ca/healthytoddler)**