

Dear

Now that your child is approaching 3.5 years old we would normally offer you a developmental review in line with the Healthy Child Wales Programme (HCWP).

It is with regret that we are currently unable to offer this review.

We understand that it may be some time since you have had routine contact with the health visiting service and will be keen to know your child is developing appropriately. As such we have provided a list below of some of the things we would expect your child to be doing. However, if you have any concerns or questions about your child's development and wellbeing and wish to discuss these with a health visitor please contact:

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As a general guide at 3.5 years children should be able to:

- Walk forwards, backwards, sideways etc.
- Be able to run, walk upstairs using alternate feet and jump with two feet together
- Ride a small bike (tricycle) and throw and kick a ball
- Build a tower with small blocks, hold a pencil in preferred hand and be able to copy a circle and a cross
- Talk in sentences and use What?, Where? and Who? questions
- Their behaviour should be easier to manage/more amenable and they should reference emotions and demonstrate empathy
- Be able to eat with a fork and a spoon
- Be dry by day and may be dry by night but this is variable

We encourage you to offer your child a healthy, nutritious and balanced diet to ensure they are a healthy weight. More information can be found at <https://www.firststepsnutrition.org/eating-well-early-years> & <http://everychildwales.co.uk/parents/>

Accidents are the biggest cause of serious injury in children aged one to five years, I would encourage you to look at the CAPT or ROSPA websites for further information on this <https://www.rospa.com/> & <https://www.capt.org.uk/>

Your child should have been offered all of his childhood immunisations by now, and should have recently been called for their preschool booster. If you would like further information about immunisations the NHS website can be accessed via <https://www.nhs.uk/conditions/vaccinations/>

Your child should be registered with a dentist, have regular check-ups and brush his teeth twice daily with supervision. If you have not registered with a dentist, a list of some available locally is on

<https://www.wales.nhs.uk/ourservices/directory/cardiffvaleuniversityhealthboard/dentists> The Welsh Government has a useful website <https://gov.wales/parenting-give-it-time>

The health visiting service is available until your child starts school. You are welcome to contact the health visiting service about any concerns regarding your child, yourself or your family.

Yours Sincerely

Annwyl

Nawr bod eich plentyn yn agosáu at 3.5 mlwydd oed byddem fel arfer yn cynnig adolygiad datblygiadol i chi yn unol â Rhaglen Plant Iach Cymru (HCWP).

Mae'n flin iawn gennym na allwn gynnig yr adolygiad hwn ar hyn o bryd.

Rydym yn deall y gallai fod cryn amser ers i chi ddod i gysylltiad arferol â'r gwasanaeth ymwelwyr iechyd ac rydym yn awyddus i wybod bod eich plentyn yn datblygu'n briodol. Er mwyn helpu, rydym wedi darparu rhestr isod o rai o'r pethau y byddem yn disgwyl i'ch plentyn fod yn eu gwneud. Fodd bynnag, os oes gennych unrhyw bryderon neu gwestiynau am ddatblygiad a lles eich plentyn a'ch bod am drafod y rhain gydag ymwelydd iechyd, cysylltwch â:

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Fel canllaw cyffredinol, yn 3.5 oed, dylai plant fod yn gallu gwneud y canlynol:

- Cerdded ymlaen, yn ôl, i'r ochr ac ati
- Rhedeg, cerdded i fyny'r grisiau gan ddefnyddio'r ddwy droed bob yn ail a neidio gyda'r ddwy droed gyda'i gilydd
- Reidio beic bach (beic tair olwyn) a thaflu a chicio pêl
- Adeiladu tŵr gyda blociau bach, dal pensil yn y llaw a ffeirir a gallu copïo cylch a chroes
- Siarad mewn brawddegau a defnyddio cwestiynau Beth?, Ble? a Phwy?
- Dylai eu hymddygiad fod yn haws ei reoli/ei gywiro a dylent gyfeirio at emosiynau a dangos empathi
- Bwyta gyda fforc a llwy
- Bod yn sych yn ystod y dydd ac yn sych gyda'r nos o bosib ond mae hyn yn amrywio

Rydym yn eich annog i gynnig deiet iach, maethlon a chytbwys i'ch plentyn er mwyn sicrhau pwysau iach. Mae mwy o wybodaeth ar gael yn <https://www.firststepsnutrition.org/eating-well-early-years> & <http://everychildwales.co.uk/parents/>

Damweiniau yw achos mwyaf anafiadau difrifol ymhlith plant rhwng un a phum mlwydd oed. Byddwn yn eich annog i edrych ar wefannau CAPT neu ROSPA i gael rhagor o wybodaeth am hyn <https://www.rospa.com/> & <https://www.capt.org.uk/>

Dylai eich plentyn fod wedi cael cynnig ei holl imiwneiddiadau plentyndod erbyn hyn, a dylai fod wedi cael ei alw yn ddiweddar ar gyfer ei bigiad dos atgyfnerthu cyn-ysgol. Os hoffech gael rhagor o wybodaeth am imiwneiddiadau, edrychwch ar wefan y GIG yn <https://www.nhs.uk/conditions/vaccinations/>

Dylai eich plentyn fod wedi'i gofrestru gyda deintydd, dylai fod yn cael archwiliadau rheolaidd ac yn brwsio ei ddannedd ddwywaith y dydd gyda goruchwyliaeth. Os nad ydych wedi

cofrestru gyda deintydd, mae rhestr o rai sydd ar gael yn lleol yn
<https://www.wales.nhs.uk/ourservices/directory/cardiffvaleuniversityhealthboard/dentists> Mae
gan Lywodraeth Cymru wefan ddefnyddiol <https://gov.wales/parenting-give-it-time>

Mae'r gwasanaeth ymwelwyr iechyd ar gael tan i'ch plentyn ddechrau yn yr ysgol. Mae
croeso i chi gysylltu â'r gwasanaeth ymwelwyr iechyd am unrhyw bryderon ynglŷn â'ch
plentyn, eich hun neu'ch teulu.

Yn gywir,

Dear

Now that your child is approaching 27 months old we would normally offer you a developmental review in line with the Healthy Child Wales Programme (HCWP).

It is with regret that we are currently unable to offer this.

We understand that it may be some time since you have had routine contact with the health visiting service and will be keen to know your child is developing appropriately. As such we have provided a list below of some of the things we would expect your child to be doing. However, if you have any concerns or questions about your child's development and wellbeing and wish to discuss these with a health visitor please contact:

Contact Number:

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A 27 month old child should be doing the following:

- Understanding simple instructions and what you say when you speak to them
- Saying about 20 words and beginning to join 2 words together
- Enjoying pretend play, for example, using tea cups, brushes, toy people and animals
- Scribbling
- Drinking from a cup
- Walking alone, able to squat down and also able to climb e.g. stairs or furniture
- Sleeping all night, eating a wide range of healthy family foods, drinking a pint of milk a day
- Meeting other children

Your child should be up to date with their immunisations, if you would like further information about immunisations please see the NHS website
<https://www.nhs.uk/conditions/vaccinations/>

Your child needs your help cleaning their teeth every day and ideally be registered with your local dentist. If you have not registered with a dentist, a list of some available locally is on
<https://www.wales.nhs.uk/ourservices/directory/cardiffvaleuniversityhealthboard/dentists>

We encourage you to offer your child a healthy, nutritious and balanced diet to ensure they are a healthy weight, because the school child measurement programme is indicating that one in four children are overweight or obese when entering school. Further information can be found at <https://www.firststepsnutrition.org/eating-well-early-years> & <http://everychildwales.co.uk/parents/>

Accidents are the biggest cause of serious injuries and death in children aged one to five. Your 'Bump, Birth and Beyond' book contains useful information about accident prevention, first aid, growth and development. We would encourage you to refer to it. Please see following link: www.bumpbabyandbeyond.wales.nhs.uk

The Welsh Government has a useful website <https://gov.wales/parenting-give-it-time>

The health visiting service is available until your child starts school. You are welcome to contact the health visiting service about any concerns regarding your child, yourself or your family.

Yours Sincerely

Annwyl

Nawr bod eich plentyn yn agosáu at 27 mis oed byddem fel arfer yn cynnig adolygiad datblygiadol i chi yn unol â Rhaglen Plant Iach Cymru (HCWP).

Mae'n flin iawn gennym na allwn gynnig yr adolygiad hwn ar hyn o bryd.

Rydym yn deall y gallai fod cryn amser ers i chi ddod i gysylltiad arferol â'r gwasanaeth ymwelwyr iechedd ac rydym yn awyddus i wybod bod eich plentyn yn datblygu'n briodol. Er mwyn helpu, rydym wedi darparu rhestr isod o rai o'r pethau y byddem yn disgwyl i'ch plentyn fod yn eu gwneud. Fodd bynnag, os oes gennych unrhyw bryderon neu gwestiynau am ddatblygiad a lles eich plentyn a'ch bod am drafod y rhain gydag ymwelydd iechedd, cysylltwch â:

Rhif ffôn:

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Dylai plentyn 27 mis oed fod yn gwneud y canlynol:

- Deall cyfarwyddiadau syml a'r hyn rydych chi'n ei ddweud pan fyddwch chi'n siarad â nhw
- Dweud tua 20 gair a dechrau dweud 2 air gyda'i gilydd
- Mwynhau chwarae esgus, er enghraifft, defnyddio cwpanau te, brwsys, teganau pobl ac anifeiliaid
- Sgriblo
- Yfed o gwpan
- Cerdded ar eu pen eu hunain, yn gallu sgwatio i lawr a hefyd yn gallu dringo e.e. grisiau neu ddodrefn
- Cysgu drwy'r nos, bwyta amrywiaeth eang o fwydydd iach i'r teulu, yfed peint o laeth y dydd
- Cwrdd â phlant eraill

Dylai eich plentyn fod wedi cael ei imiwneiddiadau diweddaraf, os hoffech ragor o wybodaeth am imiwneiddiadau, ewch i wefan y GIG
<https://www.nhs.uk/conditions/vaccinations/>

Mae angen eich help ar eich plentyn i lanhau ei ddannedd bob dydd ac yn ddelfrydol dylai gael ei gofrestru gyda'ch deintydd lleol. Os nad ydych wedi cofrestru gyda deintydd, mae rhestr o rai sydd ar gael yn lleol yn
<https://www.wales.nhs.uk/ourservices/directory/cardiffvaleuniversityhealthboard/dentists>

Rydym yn eich annog i gynnig deiet iach, maethlon a chytbwys i'ch plentyn er mwyn sicrhau pwysau iach, oherwydd bod rhaglen mesur plant yr ysgol yn dangos bod un o bob pedwar plentyn dros bwysau neu'n ordew pan fyddant yn dechrau yn yr ysgol. Mae mwy o wybodaeth ar gael yn <https://www.firststepsnutrition.org/eating-well-early-years> & <http://everychildwales.co.uk/parents/>

Damweiniau yw prif achos anafiadau difrifol a marwolaeth ymhlith plant rhwng un a phump oed. Mae eich llyfr 'Bump, Birth and Beyond' yn cynnwys gwybodaeth ddefnyddiol am atal damweiniau, cymorth cyntaf, twf a datblygiad. Byddem yn eich annog i'w ddarllen. Gweler y ddolen ganlynol: www.bumpbabyandbeyond.wales.nhs.uk

Mae gan Lywodraeth Cymru wefan ddefnyddiol <https://gov.wales/parenting-give-it-time>

Mae'r gwasanaeth ymwelwyr iechyd ar gael tan i'ch plentyn ddechrau yn yr ysgol. Mae croeso i chi gysylltu â'r gwasanaeth ymwelwyr iechyd am unrhyw bryderon ynglŷn â'ch plentyn, eich hun neu'ch teulu.

Yn gywir,