

Contact details

The 0-19 teams can be contacted on the following numbers:

Dorking
01306 748 901

Leatherhead
01372 384 300

East Elmbridge
020 8979 6464

Epsom and Ewell
01372 730 040

Banstead and Tattenham
01737 361 031

The contact number for your 0-19 team can also be found in your child's personal child health book (their 'red book').

If you have any concerns about your child, please contact your local team.

For more information

CSH Surrey
www.cshsurrey.co.uk



NHS Choices
www.nhs.uk/birthtofive

Surrey Children Information Service
www.surreycc.gov.uk/cis

Need to contact the service?

Please see the Contact details section of this leaflet.

Your experiences

CSH Surrey is committed to putting people first and continually improving services through listening and responding to feedback. To share your experiences, please:

Call: 020 8394 3846/43
Email: CSH.Feedback@nhs.net
Or write to the Head Office address below.

Large print, audio format or another language

Call 020 8394 3846/43
or email CSH.Communications@nhs.net
to receive this information in large print, audio format or another language.

General enquiries

Visit www.cshsurrey.co.uk for information and contact details for all other CSH Surrey services.

A heart in the community

CSH Surrey, proud to be part of the CSH Group. As a social enterprise, CSH makes profit to benefit local communities and to enhance its health and care services.



CSH Surrey, Head Office
Ewell Court Clinic, Ewell Court Avenue
Ewell, Epsom, KT19 0DZ

Company registered number 5700920



Now your child is two

Information for parents
and carers

Better healthcare together

CSH Surrey, providing NHS community nursing and therapy services in the homes, schools, clinics and hospitals in the heart of Surrey since 2006.

Now your child is two years old, he/she should be able to perform basic tasks and will be developing certain skills.

Every child is unique; while some pick up skills quicker than others, on average your two-year-old should be able to:

- Point to parts of their body
- Help with getting dressed and undressed
- Follow simple instructions (eg "Go and get your shoes")
- Walk confidently, run, climb, kick and throw a ball
- Walk up and down stairs with assistance
- Build a tower of small bricks
- Hold a pencil with index finger and thumb and scribble with it
- Look at books and turn pages
- Recognise and try to name simple pictures and objects
- Take turns
- Give eye contact and use appropriate greetings and gestures
- Join in with songs and rhymes
- Understand when you talk to them
- Communicate desires (eg "Ball please")
- Show imaginary and symbolic role play (eg feed teddy, brush doll's hair, copy mummy/daddy)
- Show a desire to use the toilet
- Recognise the need to open their bowels and ask to have dirty nappies changed
- Eat with the family and feed themselves
- Use an open and/or feeder cup.

They should also have:

- A vocabulary of about 20 clear words and be able to put two or three words together to make a sentence
- A varied diet, including a pint of full fat milk per day. This can be in the form of cheese, yogurts, fromage frais, etc.

90%

Of parents rated their child's 27 month health review with CSH Surrey as 7 out of 10 or higher for helpfulness in reviewing their progress.

Immunisations

- Please ensure your child's immunisations are up to date.
- For more information, visit: www.nhs.uk/Conditions/vaccinations/

Teeth and vision

Your child's teeth are important and need examining at least once year. Please take your child with you when you next visit the dentist.

Opticians like to review children's vision from three years of age. If you are worried about your child's vision, please discuss this with an optician.

Supervision

Active children should be supervised. For safety in the home:

- Put safety covers on electrical sockets
- Secure trailing leads
- Fix stair gates on the stairs and across the kitchen door
- Fit guards on the cooker and in front of the fire
- Fit smoke detectors
- Keep all medicines locked away
- Keep cleaning products out of reach
- Keep scissors and sharp objects out of reach
- Fit safety glass to doors, French windows, etc.

Safety outdoors:

- Provide a cycling helmet when your child rides a trike or bike
- Introduce road safety – stop, look, listen, and hold on to your child when in public places
- Keep gardening and DIY equipment out of reach.

It's reassuring to know that my child is developing as he should be.

Parent

