

Caring for Your Child:

Two to Five Years Old

Ag thabhairt aire dod' páiste

Dhá go cuaig bliain d'aois



Foreword

Réamhfhocal

The Child Health Information Service Project (CHISP) in the Health Service Executive – South would like to thank everyone who helped to develop this child health information pack, especially the parents.

This information pack is the third one in a set. The three information packs in the set are:

- **Caring for Your Baby: Birth to Six Months Old**
- **Caring for Your Child: Six Months to Two Years Old**
- **Caring for Your Child: Two to Five Years Old**

Each booklet contains information to help you care for yourself and your child during your child's first five years. Each booklet comes with an audio compact disc (CD) inside the back cover so that you can also listen to the information.

These information packs are designed to be used with your **Personal Health Record** where it is available. This record has an account of your child's growth and development and health information. It is used when health professionals see you and your child.

Before we produced this information pack, we asked parents what information they needed to care for themselves and their toddler or pre-school child during this time. Parents said they want:

- common sense information and tips on the general care of their child;
- information about the typical growth and development of their child;
- advice about what to do if their child has a problem; and
- details of what people and services to get in touch with for more help and support.

The information in this pack is based on the most up-to-date, accurate information available and expert opinions from professionals in child health, child care, support services, voluntary organisations and parent groups. During development, this pack has also undergone a rigorous quality approval process.

Each child is special. For some of you, the details in this pack are only the beginning of your search for information on how to do the best for your child and you. No booklet or audio CD replaces talking to someone who is trained to help you. So the useful web pages and phone numbers in section 10 of this booklet and a telephone list inside the back cover will help you access a wide range of trained professionals.

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Publication date	June 2006	Amended February 2007
Review date	June 2009	



CHISP

The CHISP in the Health Service Executive–South wishes to acknowledge the organisations that kindly permitted copyright material to be included and worked in close collaboration with us in developing this pack. They are: Barnardos; Cahir Parent and Toddler Group; Clonmel & Cashel Primary Health Care Project for Travellers; Clonmel Community Parent Support Programme; Community Dietitian Managers; Department of Health and Children; Department of Social and Family Affairs; The Equality Authority; Family Support Agency; Fathers Direct; Health Promotion Unit–National Health Promotion

Information Project; Health Service Executive–Dublin/North East, Dublin/Mid Leinster, Western, and Southern Regions, especially the Psychology Dept. Mallow Co. Cork; Health Protection Surveillance Centre; Irish Continence Interest Group; National Adult Literacy Agency; Jim, James, & Andrea Conway for their photos; Kilkenny Parents Support Programme; National Council for the Blind of Ireland; Office of the Minister for Children; Paul Harrison for the photo of Paddy and Nonie O'Reilly & Family, South Tipperary; Paediatric, Maternity & Outpatient Depts. in South Tipperary General Hospital;

Programme of Action for Children and the core child health modules review sub-committees; Meningitis Research Foundation; Respect Project; Road Safety Authority; South Tipperary ADHD Support Group; South Tipperary Adult Learning Scheme in the VEC; South Tipperary Autism Support Group; South Tipperary County Childcare Committee; South Tipperary Lone Parents Initiative; Treoir; South Tipperary Local Health Office Depts., especially Public Health Nursing; Waterford Immigration Network; Waterford Student Mothers Ltd.

This CD contains most of the information in this booklet.

- The sections of the booklet have been edited to fit on this audio CD.
- If you need more information on each section, contact your health professional to talk about your needs.

Narrators on the audio CD are:

Rosa Gardiner; Johnny Casey; Valerie McGrath; Hilda Hennessy, voice over artist; James, Andrea and Edel Conway.

Music credits to **Fair Exchange** from their double A sided CD called “Hope/Beach Party”. It was released in aid of the Chernobyl Children’s Project International in June 2006.

There are three booklets and audio CDs about child health and parent support information in the Child Health Information Service Project (CHISP). These information packs add to the advice you get from your child health professionals.

For a copy of these packs, contact your local public health nurse or health promotion office.

The three packs in the set are:

- Booklet and audio CD 1: Caring for Your Baby: Birth to Six Months Old
- Booklet and audio CD 2: Caring for Your Child: Six Months to Two Years Old
- Booklet and audio CD 3: Caring for Your Child: Two to Five Years Old



The **National Adult Literacy Agency** and the **Educational Building Society** recognised the role of **CHISP** in encouraging learning in the home by presenting the project the **2006 Adult Continuing Education Award**.

Published by
Health Service Executive
Web: www.hse.ie
Communications Department-HSE South
© June 2006
ISBN: 1-874218-56-0
Reference Number:03-06-0003

Prepared by



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

in collaboration with



Department of Social & Family Affairs
An Roinn Gnóthaí Sóisialacha agus Teaghlaigh

