

Your Voice!

This is YOUR health assessment/ check up so it is very important your voice is heard.

You will be able to ask questions about your health. You may want to know what makes a healthy diet, how much water to drink and exercise you need. You can ask questions about growing up and puberty.

We'll do our best to see you at a time and place that suits you, whether at home or school.

Don't be afraid to speak up and ask questions.

This leaflet has been developed in consultation with a group of children and young people from We Do Care.

If you want to talk to a member of the LAC Health team please call us on the details below:

Looked After Children's Team
3rd Floor
66 High Street
Aylesbury
Buckinghamshire
HP20 1SD

01296 566020

Your Health Assessment

Information
for 5-12 year
olds

Your Name:

Date of Health Assessment:

Name of Doctor/Nurse:

What's it all about?

Your health is very important.

Being healthy means your body is in good working order. Being healthy is also about your mind, and having positive thoughts and feelings.



When you come into care you will be seen by a Doctor for a health assessment. Some children prefer to call this a health check up.

This isn't a test or exam, and it isn't something to be afraid of. After this you will be seen once a year. This will usually be with a Nurse.

It is important that those looking after you and your social worker know what you need to keep you healthy; and the Doctor/ Nurse will help them to understand this.



What will happen?

The Doctor or Nurse will ask you questions about your health. They may ask you:

- What you like to eat
- If you sleep well at night time
- If you have been to a Dentist
- If you have been to the Opticians to have your eyes tested
- If you have any allergies or health conditions like asthma or diabetes.

The Doctor may listen to your heart using a stethoscope. You will be weighed and measured to see how you are growing.



You do not need to see the Doctor or Nurse alone if you don't want to and you won't need to get undressed.

Where will it happen?

For your first health assessment you may be seen at a health centre or hospital.

After this it might take place at home or at school. You will be seen once a year.