

Improving children's health is important for everyone – families, communities and Government.

Having a healthy childhood allows children and young people to make the most of their opportunities in life. Poor health (physical, emotional and mental) can be a barrier to enjoying life and fulfilling potential.

During the Children's Plan consultation children, young people and their parents gave us their views on what health issues they see as most important.

These views reflected what the health issues are for children of different ages:

- 0-7 year olds: there is a key role for health visitors e.g. to give information to new parents when their baby is born to help them cope with the challenges Or Deaf Parenting Courses.
- 8-13 year olds: children need to take more responsibility for their own health and need education to help them deal with peer pressure
- 14-19 year olds: sexual health, mental health and substance misuse (e.g. drugs and alcohol) are important areas where health information and treatment for teenagers is important

The Children's Plan responded to this with a commitment to:

- More support for parents, including better information e.g. building on the 'red book' on children's health that every parent receives when their child is born
- Investment of £225 million in safe places to play including 30 new supervised play parks for 8-13 year olds in disadvantaged areas
- A review of the primary curriculum in schools so that it supports the development of social and emotional skills and a review of mental health services for children and adolescents.

There was also a very clear message in the consultation about the importance of families in supporting children and young people's health with **parents having responsibility for things like:**

- Food and exercise.
- A healthy environment for their children (e.g. not smoking).
- Teaching their children hygiene.
- Setting a good example.

However, parents also said that they need support to help them in this role. In particular:

- Prompt access to health services when they are needed
- Easy access e.g. a single point of contact and information to 'navigate' services. Setting a good example

Sign Health- Contact if you are having problems with health professionals like Dr's or hospitals.

Deaf Parenting UK - contact them with any concerns or requests about your role as a parent.
Deaf Services- if you need more support locally or what is available to support you and your family.