

Families can find lots of information about supporting children and young people's development and health needs on the following websites:

- [Health for Under 5s](#) – for healthy happy early years
- [Health for Kids](#) – health advice to help your children grow and flourish for parents and resources that used with children.



Children & Family Health resource sheets for child development mile stones:

<https://childrenandfamilyhealthdevon.nhs.uk/occupational-therapy/school-age-therapies-toolkit/>

Parents can also refer to Torridge Family Hub (They are often happy to travel to Holsworthy.) They provide support for families from 0-25:

<https://www.actionforchildren.org.uk/how-we-can-help/our-local-services/find-our-services-near-you/torridge/>

Speech, Language & Communication development

Families can find lots of information about supporting children and young people's language development and speech on the following websites:

- <https://www.bbc.co.uk/tiny-happy-people>
- <https://hungrylittleminds.campaign.gov.uk/>



Sensory & Physical needs development advice from Children Family Health Devon (CFHD):

- Bottoms and toilets <http://childrenandfamilyhealthdevon.nhs.uk/wp-content/uploads/2017/01/Devon-Bottoms-and-toilets.pdf>
- Cutlery, cups and plates <http://childrenandfamilyhealthdevon.nhs.uk/wp-content/uploads/2017/01/Devon-Cutlery cups and plates.pdf>
- Handwriting and handwriting activities <http://childrenandfamilyhealthdevon.nhs.uk/wp-content/uploads/2017/01/Devon-Handwriting-and-handwriting-activity.pdf>
- Scissor skills <http://childrenandfamilyhealthdevon.nhs.uk/wp-content/uploads/2017/01/Devon-Scissor-skills.pdf>
- Tying shoe laces <http://childrenandfamilyhealthdevon.nhs.uk/wp-content/uploads/2017/01/Devon-Tying-shoe-laces.pdf>
- Balance <http://childrenandfamilyhealthdevon.nhs.uk/wp-content/uploads/2017/01/Devon Balance 06.05.16 EC.pdf>
- Calm behaviour <http://childrenandfamilyhealthdevon.nhs.uk/wp-content/uploads/2017/01/Devon Calm behaviour 06.05.16 EC.pdf>
- Core stability <http://childrenandfamilyhealthdevon.nhs.uk/wp-content/uploads/2017/01/Devon Core stability 28.12.16 EC.pdf>
- Fine motor skills <http://childrenandfamilyhealthdevon.nhs.uk/wp-content/uploads/2017/01/Devon Fine motor skills 28.11.16 EC.pdf>
- Maximising attention <http://childrenandfamilyhealthdevon.nhs.uk/wp-content/uploads/2017/01/Devon Maximising attention 06.05.16 EC.pdf>
- Organising yourself (ages 5-11) <http://childrenandfamilyhealthdevon.nhs.uk/wp-content/uploads/2017/01/Devon Organising yourself 5-11 28.11.16 EC.pdf>
- Sensory processing <http://childrenandfamilyhealthdevon.nhs.uk/wp-content/uploads/2017/01/Devon Sensory processing.pdf>
- Using both sides of the body <http://childrenandfamilyhealthdevon.nhs.uk/wp-content/uploads/2017/01/Devon Using both sides of the body.pdf>

