

Health and development checks in preschools and long day care services

Information sheet for families

The NSW Government is rolling out free health and development checks for 4-year-old children at preschools and long day care services.

This check will track how your child is growing and developing. Health professionals will check how your child plays, learns, speaks, acts and moves. The check will also help find what support your child might need before they start school.

Your child's preschool or long day care service will let you know when this program is coming to their service.

What to expect from the check

Health professionals will check your child's health and development, such as:

- their listening and talking skills
- their social skills and behaviour
- their gross and fine motor skills
- their learning, thinking and problem-solving skills
- how their bodies are growing: their vision, hearing, height, weight, and teeth.

No vaccinations are given.

What happens after the check

You will get a report after your child's check with information on how you can keep encouraging their growth and development.

If your child needs further support, health and preschool staff will help you to seek it.



How to make sure your child receives their free check

You will need to sign the consent form when it arrives to make sure your child gets their free check.

Learn more about the program

To learn more about the program, visit [Health and development checks in early childhood education centres.](#)

Frequently asked questions

Q: Why should my child get a 4-year health and development check?

This check tracks how your child is growing and developing for their age. It also helps identify any support they might need before they start school.

Q: Who will be performing the health and development check on my child?

Health professionals from NSW Health will do these checks. These might be child and family health nurses, speech pathologists, occupational therapists, physical therapists.

Your child's educators will be with your child during the check.

Q: Will my child receive a vaccination?

No vaccinations are given.

Q: Why is the NSW Government offering these checks in preschools and long day care services?

Many children in NSW are not getting their 4-year health and development check; found in the Blue Book. We also know that many 4-year-olds attend preschool or long day care.

To make it easier for families to get this check, the NSW Government is making it available at preschools and long day care services.

This is an extra option to getting the check from your doctor or local [child and family health service](#).

Q: When will the health and development checks be available in preschools and long day care services?

The program has started in some areas. More services will join throughout 2024 as the program expands to all local health districts. Your child's preschool or long day care service will let you know when this program is coming to their service.

Q: Is the health and development check free?

Yes, the health and development check at preschools and long day care services is free for families.

Q: Do I need to give consent for the check to take place?

Yes, a parent or carer will need to sign the consent form to make sure their child gets the free check.

Q: Can I attend the check too?

Yes, you may attend the check with your child if you like.

Q: What if my child has already received their health and development check?

You do not need to repeat the check if your child has already had their 4-year check through your doctor or child and family health service.

Q: My child is 5 years old. Can they receive the check?

Yes, if they have not already had their 4-year check and are enrolled in a participating preschool or long day care service.

Q: What if the check is running on a day my child does not attend or is absent?

Your preschool or long day care service will give the option for your child to attend the check on the scheduled day. If you are unable to attend, you can complete the 4-year check through your doctor or local [child and family health service](#).