**Getting Ready for Change**

**Getting Ready for Change – Reception Year**

Starting school or education is a wonderful and exciting time. To help families give their children ones the **best start** for this transition, local NHS clinicians with the help of families have created a simple flyer that can be your ‘Getting Ready for Change’ checklist. This is for all reception aged children that have just started school/education.

It covers lots points from hearing and eyesight through to emotional health and behaviour. The flyer also provides links to approved information and support.

You can access the flyer by using this link: [www.bit.ly/grfc1-flyer](http://www.bit.ly/grfc1-flyer)

If you have any questions, you can contact the Cambridgeshire and Peterborough Healthy Child Programme. Call us 0300 029 50 50 or text us 07520 649 887

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