

**MOTHER  
FIT**

MIND BODY SOUL

# Red Book: Health & Development of Your Baby

**MOTHER FIT RESOURCE**

My personal child  
health record



You will be offered regular health and development reviews (health visitor checks) for your baby until they are 2. These are to support you and your baby, and make sure their development is on track.

The reviews are usually done by a health visitor or a member of their team. They may be done in your home or at a GP surgery, baby clinic or children's centre.

Shortly before or after your baby is born, you'll be given a personal child health record (PCHR). This usually has a red cover and is known as the "red book".

It's a good idea to take your baby's red book with you every time you visit the baby clinic or GP.

They will use it to record your child's weight and height, vaccinations and other important information.

You can also add information to the red book yourself. You may want to record any illnesses or accidents your baby has, or any medicines they take.

You'll find it helpful to keep the developmental milestones section of the red book up to date too.





# What happens at your baby's reviews?

During your baby's reviews, your health visitor will discuss your baby's health and development, and ask if you have any concerns.

If your baby is gaining weight and you and your health visitor have no concerns, they should be weighed no more than:  
once a month up to 6 months of age

once every 2 months from 6 to 12 months of age

once every 3 months over the age of 12 months.



This gives a clear idea of your baby's weight gain over a period of time.

If your baby was born prematurely, their developmental age will be calculated from your original due date, not from the actual date they were born, until they are 2 years old.

<https://www.nhs.uk/conditions/baby/babys-development/height-weight-and-reviews/baby-reviews/>