

The Personal Child Health Record 'the red book'



What: Shortly before or after your baby is born, you'll be given a personal child health record (PCHR).

Why: It's a handy way for you (and other people working with you and your baby) to keep track of your child's health and progress, and can be shared with their health professionals.

When: It's a good idea to take your baby's red book with you every time you visit the baby clinic, GP, or hospital. Your baby's health professionals will use it to record your child's weight and height, vaccinations, and other important health information.

Where: It is also helpful to share the red book with other people supporting you and your child, for example your child's nursery, child minder or children's center staff, but this is your choice

You can also add information to the red book yourself. You may want to record any illnesses or accidents your baby has, details of any medicines they take and the developmental milestones section (their first steps or smile).