

Katie's Journey on the Cowal Family Pathway

1

This is me when I was born. My mum met with a midwife called Jane when she was pregnant with me and she became my named person. She talked with mum about how to stay healthy and to how keep me healthy too. If my mum had any questions, Jane helped her. When I was born, Jane helped my mum to breastfeed me and told our health visitor all about me.

Stretch Aim 1 3-4 month check



2

This is me when I was 3 months old. Our health visitor came to visit us to talk with mum about how I was doing. Her name was Fiona and she was my new named person. She told mum all about how I grow and develop and about the importance of preparing for weaning. Mum said I needed lots of kisses and cuddles as well as songs and rhymes too!

Stretch Aim 3 Nursery—Primary 1



5

Now I'm 3 I go to nursery! Our health visitor Fiona told my nursery manager how I was doing. I love playing with my friends every day. My key worker called Sally talks to me about my learning and then we write about it in my personal learning plan. Mum can read about it and we do lots of activities to help me grow and develop at home. We are all learning together! When I go to school, my new named person will be my head teacher, and she will know all about me when I start Primary One!

3

When I was 12 months old, our health visitor Fiona came to visit us again. She talked with mum about all the healthy food I was eating and all the new sounds I was making as I developed my speech. They also talked about me going to the dentist and how well I was sleeping. I was a very cheeky baby!

Stretch Aim 2 27-30 month check



4

Just after I turned 2 our health visitor Fiona carried out my '27-30 month check'. This is just a wee check to see how I was doing. Sometimes kids like me need an extra wee bit of help with walking, talking or other ways we grow and develop. Mum and Fiona had a good chat about how I was doing!