

# Healthy Child Programme 0–18

A suite of high-quality e-learning materials for health visitors, nurses, doctors and other practitioners



## Healthy child Programme

E-learning to optimise health

- **Multidisciplinary learning** that covers all aspects of child and adolescent health
- **Highly engaging content** with photographs, questions and case studies
- **Developed in the UK by the Royal College of Paediatrics and Child Health** and other professional bodies in conjunction with e-Learning for Healthcare

The *Healthy Child Programme 0–18* series offers essential learning resources for all health professionals who work with children and young people.

The series is arranged into three distinct programmes:

- *Healthy Child Programme (0–5)*
- *Healthy School Child Programme (5–12)*
- *Adolescent Health Programme (12–18)*

The content has been written and peer-reviewed by leading national and international experts in child health and it reflects the latest thinking and best practice guidance.

The programme is available online, providing flexible learning anywhere, at any time.

### key features at a glance

- **Multi-professional use**  
The *Healthy Child Programme* covers health promotion and common health issues from infancy to adulthood. It is an ideal continuing professional development resource for health visitors, nurses, general and family practitioners, paediatricians and the wider child health team.
- **Real-life case studies**  
The use of case studies provides insights into realistic scenarios, which can be applied in everyday practice.
- **Individual or group study**  
This flexible programme can be used for individual, self-paced learning or in group teaching sessions.
- **Multimedia features**  
The learning content includes a range of dynamic features such as videos, case studies and questions, which help to reinforce learning on key themes.
- **Accessible 24/7**  
The *Healthy Child Programme* is available 24/7 via the Internet. Therefore, learners can access the content in the workplace, at home or on the move.

In partnership with:



### Expert learning resources

The series is mapped to the UK Department of Health's own Healthy Child Programme – the early intervention and prevention framework that lies at the heart of all UK services for children and families. However, the themes are applicable to healthcare professionals globally.

The learning materials cover an extremely broad range of topics, including development and behaviour, growth and nutrition, mental health, and communicating with young people.

The learning content is packed with interactive features such as videos and questions to help stimulate thinking. Self-assessment exercises enable users to check their understanding

on key topics. There are also links to further reading resources.

### Targeted learning

The e-learning sessions are arranged into discrete modules by subject theme. Users can select modules that are relevant to their areas of interest and revisit the content as many times as needed. Learners can record their progress online as evidence of their continuing professional development.

The *Healthy Child Programme* can be used for self-directed training, either as a refresher on key topics or before a consultation. However, it is also invaluable as a teaching aid for group training sessions. The programme is designed to support and enhance more traditional approaches such as face-to-face sessions and textbook learning.

### A unified learning approach

As an e-learning resource, users benefit from access to the same high-quality content, regardless of their location. This means that practitioners are all trained to similar standards.

The *Healthy Child Programme* enables learners to study in their own time and at their own pace – equipping them with the knowledge to deliver the highest levels of care to children and young people.

**PURCHASE NOW**

“*The programme provides up-to-date knowledge on all aspects of child health... as well as management strategies and direction to further reading.*”

**Programme user**

## Healthy Child Programme 0–18 course content

### Healthy Child

- Communication and inter-professional working
- Family health
- Safeguarding
- Positive parenting and parenting issues
- Development and behaviour
- Speech, language and communication needs
- Growth and nutrition
- Immunisation
- Health promotion
- Screening
- The health visitor model of practice

### Healthy School Child

- 21st Century school health
- *Healthy Child Programme* in primary schools
- Key child public health and mental health issues
- The child with additional needs
- Longstanding illness or disability
- Common developmental and health issues
- Other problems and issues

### Adolescent Health

- Introduction to health and illness
- Healthy development
- Legal framework
- Communication and consultation
- Health promotion and advocacy
- Chronic conditions and transition
- Concordance/adherence
- Youth friendly services
- Sexual and reproductive health
- Self-harm and mental health problems
- Substance use and misuse
- Overweight and underweight
- Common medical conditions

