



Session 2: Health & Wellbeing and Life Stages

Purpose: To help professionals identify what children and young people see as important to their health and wellbeing through different life stages

Time: 20 – 30 minutes

Materials:

- Life Stages cards
- Post-it notes
- Pens

Instructions:

To introduce this section, you might say:

'NHS Lothian recognises that children and young people need different things throughout their lives to be healthy and well. In order to think about how these different approaches and services, NHS Lothian are thinking about five different stages of life:

- 1) Mums & newborns – when the baby is still inside mum and up to one month old
- 2) Pre-school – when the child is a baby up to 4 years old
- 3) Primary – when the child is 5 to 11 years old and in primary school
- 4) Secondary – when the child is 12 to 18 years old and in secondary school
- 5) Young adults – when the young person is 16 to 25 years oldⁱ

Thinking about these different stages of life helps NHS Lothian make sure they are doing all they can to help children be healthy throughout their entire lives.'

Activity 1: Life Stages

Using the Life Stages cards provided in this pack, create a timeline in the space – on the floor, taped to a wall, hung on a clothes line, etc. Ask the children and young people to consider each stage of life and **what** a child might need and **who** might help them to be healthy and well.

- What are the important things to health and wellbeing at each stage?
- Do these change throughout life? What stays the same?
- Who helps keep children and young people healthy at each stage?
- **Why are these things and people important to you at each stage?**

This is group brainstorm – have the children and young people generate as many ideas as possible for each stage of life. Write them on post-its or directly on your timeline. Once they have reached a stopping point, look at the answers as group. What sticks out to you? Are there any patterns? Are there any surprises? Are there common things between the life stages? Differences?

Activity 2: Having our say!

Looking at the lists of things and people that help keep children and young people healthy, ask the children to identify anything they wish they had more of a say in and who they would like to hear them. For example, children might say they want to be more involved in developing lessons on health in school or that they want to choose who their doctors are.

- What are some important issues about health and wellbeing for children and young people?
- Do you feel listened to and included by people that help you stay healthy?
- What more could adults in the NHS do to include children and young people?

Record the children and young people's responses.

ⁱ NB There is some overlap between stages 4 and 5.