

# Coltale's Top Tips

**QUESTION:** When should I seek professional help if I am worried about my child?

**ANSWER:** If milestones are not met by certain ages or concerns arise, talk to your health visitor or nursery for early assessment and intervention.

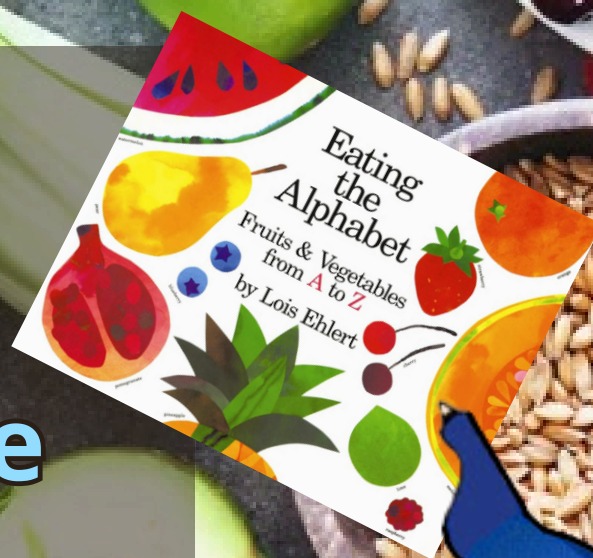


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City of  
London  
Family  
Information  
Service

September 29th is World Heart Day, so Coltale's been reading "Eating the Alphabet" by Lois Ehlert.

Can you say the names of all the healthy foods such as jalapeno and kumquat?





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## DID YOU KNOW?

**World Heart Day increases awareness of cardiovascular diseases (CVD), as well as promoting healthy living habits.**

**80% of CVD deaths are preventable through affordable access to care, early screening, and healthy choices in nutrition and activity.**



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*Fun  
activity*

**Play cheerful music and  
dance, jump, hop.  
Place a hand on your chest  
and feel your heart beat.**

# Coltale's Top Tips

GET  
ACTIVE

**Hide pictures of fruits and vegetables outside. How many can your child find? Use unfamiliar names like quince, pomegranate, and pumpkin**