

My personal health record (Blue Book)

Summary This Information Bulletin informs and recommends the use of evidence-based milestone checklists and validated developmental screening tools by NSW Health staff. The updated IB supports a consistent statewide approach to child developmental screening and surveillance.

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Distributed to Ministry of Health, Public Health System, Divisions of General Practice, Private Hospitals and Day Procedure Centres

Audience Maternity services (public and private);Administration;Nursing and Midwifery;Allied Health Staff;Out-of-home care;Child and Family Health;Paediatric Services

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Purpose

This Information Bulletin informs NSW Health professionals on the recommended use of the *Learn the Signs. Act Early* (LTSAE) milestone checklists for universal child developmental surveillance as stated in the *My personal health record* (Blue Book).

For any subsequent secondary developmental screening, NSW Health requires the use of the Ages and Stages Questionnaire third edition (ASQ-3) and the Ages and Stages Questionnaire: Social-Emotional second edition (ASQ:SE-2) developmental screening tools.

The 2023 edition of the Blue Book is available on the NSW Health [website](#).

Key Information

Purpose and use of the Blue Book

The Blue Book is provided to all parents of children born in NSW. It describes the minimum recommended schedule of health and developmental checks that every child should have from birth to school entry to support their health and development. It provides a personal health record and contains important information for parents and carers. Parents and carers should be actively involved in the developmental surveillance and screening of their children.

Developmental surveillance and screening tools

Developmental monitoring and surveillance observe how a child grows and changes over time and whether a child meets the typical developmental milestones in each age-appropriate developmental domain.

Developmental screening takes a closer look at how a child is developing using more formal questionnaires and scored as groups of milestones that help determine if further developmental assessment and evaluation is required.

NSW Health recommends the use of the *Learn the Signs. Act Early* (LTSAE) milestone checklists in the Blue Book as the primary child developmental monitoring and surveillance tool.

NSW Health requires the use of the [ASQ-3 and the ASQ:SE-2](#) as the validated secondary child developmental screening tools. All staff who provide universal child developmental surveillance and screening checks to children must be made aware of the required use of these primary milestone checklists and secondary developmental screening tools.

The [ASQ-TRAK](#) screening tool is available for Aboriginal and Torres Strait Islander children as appropriate.

Review and governance

The Blue Book is reviewed annually to ensure the contents are current and clinically accurate. These reviews are based on evidence and are consistent with the current recommendation of all key authorities. A major review was undertaken from 2023-2025.