

0-2 months old

In the first five years of life, my brain grows faster than at any other stage. I learn and develop through play and interaction.

Some things you can do to help my brain keep growing well:

- provide me with warm, friendly relationships, read and talk with me
- bond with me by smiling, playing, talking and cuddling
- spend time with me, we will build a connection which is important for me to thrive



Some things I may be doing are:

- making sounds like I am 'telling you something'
- becoming quiet when someone is talking to me
- smiling
- moving my head towards different noises

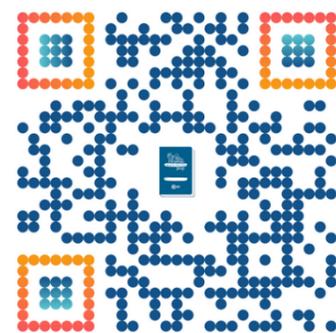


Talk to our Maternal, Child and Family Health nurse/midwife or doctor if I am NOT:

- making sounds other than crying
- beginning to smile
- looking at you in the eyes
- moving my legs and arms



SCAN ME



Scan to watch 0-2 months old child development video

Some ideas for how you can spend time with me:

- sing and talk with me
- show me picture books
- play with me on my tummy
- take me out in my pram or carrier for walks
- hold and cuddle me



Don't forget to look after yourself. If you're happy and healthy it helps me to be happy and healthy as well.

Child Health Checks

Please take me to my health checks

You will find information on all 9 of my health checks in my Blue Book. This is my personal health record. My Blue Book has health information to help you track my immunisations, growth, and development. To book my next health check or immunisation call

Central Health Intake



02 5124 9977

Keep me up to date with my immunisations

Keep me protected against common infectious diseases. The Immunisation Record in my Blue Book will tell you what immunisations I need from birth to 4 years. You can book me in for my immunisations through Central Health Intake.

Child and Family Centres

If you want to speak with someone about my health, wellbeing, learning and development, the Child and Family Centres offer free support for families and carers.

West Belconnen



02 6205 2904

Tuggeranong



02 6207 8228

Gungahlin



02 6207 0120

Child health and development services

There are lots of services you can contact to help support me as I grow.

Early Parenting Support line



02 5124 1775

Child Development Service



02 6207 8884

EACH - NDIS Partner



1300 003 224

Raising Children Network



raisingchildren.net.au

First Nations Organisations

I can have a free health check every year under Medicare, and so can you. Ask your doctor about it.

Winnunga Nimmityjah



02 6284 6222

Yerrabi Yurwang



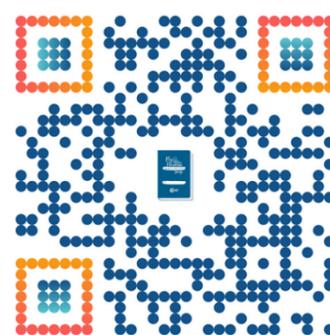
0400 123 258

Gugan Gulwan



02 6296 8900

SCAN ME



Scan to find useful resources that support child health & development.



We thank Village partners for their contribution, and we acknowledge ACT Health and Canberra Health Services authorship and ownership of content relating to the 'Blue Book'.

