

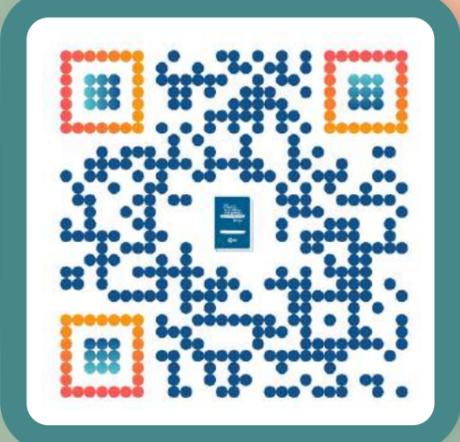
CHILD DEVELOPMENT Campaign



Village is thrilled to be launching our community centered, collaboratively designed child development information series for families and services. These resources were developed in response to a need identified by the community through our extensive engagement across the early years sector. In particular, working with the ECECs and primary schools in Belconnen, who identified the lack of child development knowledge of families and educators as a barrier to children accessing supports early.

These resources can be used in multiple settings – ECECs, preschools, playgroups, libraries, Child and Family Centre’s, medical services and any child or family services.

SCAN ME



Scan the QR code, to access the Child Development Campaign Resources

What this campaign includes

CHILD DEVELOPMENT POSTER

Check out your child’s key developmental milestones and health checks recommended in the **ACT Health Blue Book**.

VIDEOS SERIES & FLYERS

There are 8 videos and accompanying flyers that represent the 8 milestones from the ACT Health Blue Book. They provide information on age-appropriate milestones, what to do if your child is not reaching those milestones and information on appropriate services.

FAMILY PATHWAYS MAP

This is a guide to help you access and navigate the services and programs that support children and families to thrive.

CHILD AND FAMILY PROGRAM & SERVICE DIRECTORY

A comprehensive list of available services and program across ACT to support children and families.

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

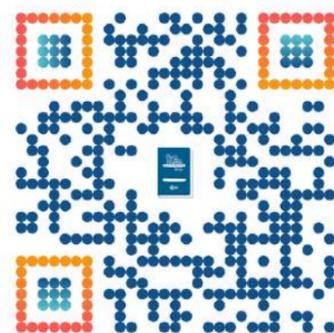


Talk to our Maternal, Child and Family Health nurse/midwife or doctor if I am NOT:

- 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.

2-4 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:

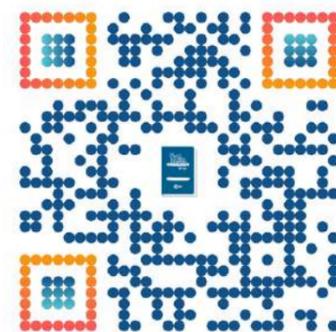
- making new sounds
- lifting my head and shoulders when laying on my tummy
- following people and objects with my eyes
- playing with my hands and feet
- rolling – please don't swaddle me!



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

- doing things, I used to
- responding to noise
- making sounds or laughing
- trying to grasp things

SCAN ME



Scan to watch 2-4 months old child development video

Some ideas for how you can spend time with me:

- read and share picture books with me
- sing and talk to me
- play on the floor with me
- count my toys with me
- 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.

4-6 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:

- standing with support
- putting things in my mouth
- passing things from one hand to the other
- babbling lots
- rolling – please don't swaddle me!
- trying to get things that are out of reach



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

- doing things, I used to
- taking weight on my legs
- responding to my name
- babbling or laughing
- rolling

SCAN ME



Scan to watch 4-6 months old child development video

Some ideas for how you can spend time with me:

- read and share picture books with me
- sing, smile and talk to me
- play on the floor with me
- count my toys with me
- take me out in my pram or carrier for walks
- talk to me about the tasks we are doing
- help me calm down when I'm upset or excited



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

6-12 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:

- saying 1 or 2 words
- waving, pointing, clapping
- pulling to stand using furniture
- responding to my name
- crawling and exploring my environment
- trying to get things that are out of reach

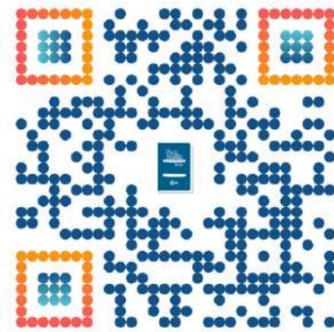


Talk to our Maternal, Child and Family Health nurse/midwife or doctor if I am NOT:

- interested in sounds or voices
- babbling
- letting you know what I want
- enjoying eye contact or cuddles
- seeming to understand you



SCAN ME



Scan to watch 6-12 months old child development video

Some ideas for how you can spend time with me:

- read books with me everyday
- play music and sing with me
- count my toys with me
- pretend play with boxes, pots, pans or dress ups
- take me out to the park or library



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

12-18 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:

- saying 20 or more
- pointing to body parts or toys
- having big emotions
- walking on my own
- feeding myself
- using my imagination when playing

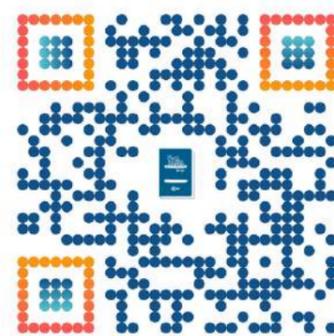


Talk to our Maternal, Child and Family Health nurse/midwife or doctor if I am NOT:

- understanding many words
- using 5-10 words with meaning
- trying to communicate
- enjoying eye contact or cuddles
- walking, pointing, or waving



SCAN ME



Scan to watch 12-18 months old child development video

Some ideas for how you can spend time with me:

- read books with me everyday
- sing simple songs with me
- count my toys with me
- pretend play with boxes, pots, pans or dress ups
- draw, write and count with me.
- take me out to the park or library
- take me to playgroup and so I can be around other children



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

18 months - 2 years 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:

- saying 50 or more words and putting 2 words together
- having rapid changes in mood
- copying what you do, such as, sweeping the floor
- listening to simple stories and songs
- dressing up and playing make believe
- climbing

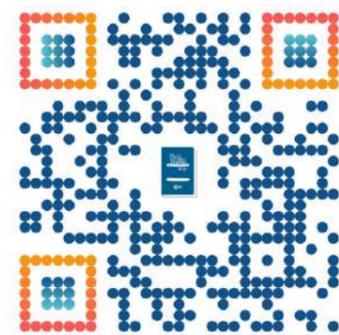


Talk to our Maternal, Child and Family Health nurse/midwife or doctor if I am NOT:

- doing things, I used to
- coming to you for comfort
- understanding many words
- enjoying pretend play
- running



SCAN ME



Scan to watch 18 months - 2 years old child development video

Some ideas for how you can spend time with me:

- read books with me everyday
- talk, play and sing with me
- visit the playground, library or play group with me
- count my toys with me



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

2-3 years 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

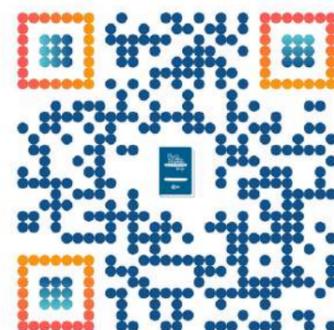
Some things I may be doing are:

- speaking simple sentences
- understanding most of what you say
- asking lots of questions
- drawing, joining the dots
- running and learning to climb stairs

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

- speaking clearly enough for others to understand
- understanding simple instructions
- playing with other children
- making eye contact
- showing emotions or feelings

SCAN ME



Scan to watch 2-3 years old child development video

Some ideas for how you can spend time with me:

- read books with me everyday
- allow me to try things by myself
- support me to ride a balance bike or tricycle
- encourage me to play with other children
- allow me lots of outdoor play
- take me to playgroup so I can be around other children
- enrol me in a pre-school program

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

3-4 years 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:

- counting 10 or more objects
- playing with other children
- starting to tell the difference between real and pretend
- wanting to do more things by myself
- catching a ball



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

- speaking clearly enough for others to understand
- understanding simple instructions
- playing with other children
- making eye contact
- showing emotions or feelings



SCAN ME



Scan to watch 3-4 years old child development video

Some ideas for how you can spend time with me:

- everyday read with me or listen to audio stories
- sort toys by shape & colour
- simple counting games
- support me to try and ride a bike
- make time for lots of outdoor play like running, climbing, and kicking a ball
- take me to playgroup so I can be around other children



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



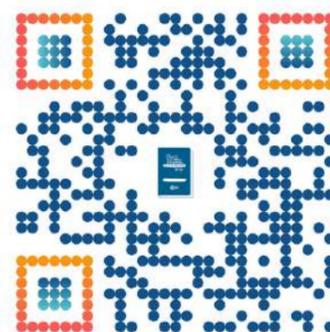
0400 123 258

Gugan Gulwan



02 6296 8900

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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'.

