

#3
of 10

First 2000
Days of life



Healthy Relationships With Children

Why is it important?

- Healthy relationships are key to child health and wellbeing now and in the future
- Children will feel safe and secure when their mob provide constant and consistent care
- Children who feel safe and secure will:
 - Be confident to play and socialise
 - Manage big emotions
 - Build stronger relationships

What to do?

- Build communication skills by talking, yarnning, singing, reading and playing together
Talk about the things that interest them
"That's a deadly dinosaur, do you know its name?"
- Help your child to understand their feelings
When a child shows a particular emotion, label it for them and talk about it
"I can see you are feeling sad, let's have a yarn about it?"
- Provide comfort -cuddle and hold them so they feel cared for and secure

Scan here to learn more and contact local services >>

or call Child and Family Health Nurses on
1300 244 288 for more info

