



Child Health, Development and Wellbeing

Why is it important?

- The first 5 years of a child's life lay the foundation for their health, wellbeing, and learning now and in the future
- Children grow, learn, and communicate faster in the first 5 years than at any other time in their life
- Every child develops at their own pace, usually through similar stages
- Talk about your concerns early. This will give a child the best start in life and be ready to start school

What to do?

- Check 'The Blue Book' for information about child health and development
- Everyday activities can make a big difference in helping a child grow and thrive:
 - Play, talk, and sing together
 - Go for walks together
 - Visit family and friends, library story time, local playgroups, swimming centres, and playgrounds
 - Visit early childhood education and care services*
(*Long day care, preschool, family day care, occasional care, and mobile services)
- Visit your local Child and Family Health Nurse for the Blue Book checks
- Ask for professional support and advice early if you have any concerns

Scan here to learn more and contact local services >>

