

#4
of 10

First 2000
Days of life



Child Health, Development and Wellbeing

Why is it important?

- The first 5 years of a child's life lay the foundation of 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 lives
- Play is important in your child's development. Play based activities improve physical strength, social engagement, problem solving skills and communication. Play will also improve a child's senses through sight, touch, smell, taste, hearing and balance

What to do?

- Check 'The Blue Book' for information about child health and development
- Visit your local Child and Family Health Nurse for the Blue Book checks
- Every baby develops at different times, babies do things in their own time. If you have any worries, ask for professional support and advice
- Everyday activities can make a big difference in helping a child grow and thrive:
 - Go for walks together, spend time on country where you can
 - Visit with mob, attend local playgroups, library story time, swimming and playgrounds
 - Visit early childhood education and care services*
(*Long day care, preschool, family day care, outside school hours care, occasional care and mobile services)

Scan here to learn more and contact local services >>

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

