

#5  
of 10

First 2000  
Days of life



# Yarning

## Talking, Reading and Singing to Children

### Why is it important?

- Talking, yarning, singing, and reading to your child improves their health and wellbeing, now and in the future
- Talking, yarning, singing, and reading builds brains, language, social skills, and confidence

### What to do?

- Read and sing together in a warm and playful way
- Listen and repeat the words and sounds your child says
- Be curious and enjoy the ideas and interests your child shares
- Speak to a child in your home language

Scan here to learn more and contact local services >>

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

