

CHECK THE BLUE BOOK. ACT EARLY. SEEK SUPPORT.

Your Blue Book helps record your child's health, illnesses, injuries, growth and development from 0-5 years. Keep up to date with your child's health and development checks for each age below.



SOME THINGS I MAY BE DOING WHEN I AM:

0-4 Weeks



- crying to tell you I need something
- calming when you hold me
- looking at your face and eyes
- grasping your fingers when placed in my hand

6-8 Weeks



- making sounds like I am 'telling you something'
- becoming quiet when someone is talking to me
- smiling
- moving my head towards different noises

4 Months



- making new sounds
- lifting my head and shoulders when laying on my tummy
- following people and objects with my eyes
- rolling
- playing with my hands and feet

6 Months



- standing with support
- bringing things to my mouth
- passing things from one hand to the other
- babbling lots
- rolling over

12 Months



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

18 Months



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

2 Years



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

3 Years



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

4 Years



- 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



Contact **Central Health Intake** to make an appointment for your child's health and development checks.

☎ 5124 9977

If you have concerns or questions, call the **Early Parenting Support line**,

☎ 5124 1775 to speak with the

maternal and child health team.

or drop in to your local **Child and Family Centre**. Scan here for locations.

✉ childandfamilycentres@act.gov.au

Contact **Winnunga Nimityjah Aboriginal Health and Community Services**

☎ 6284 6222

Contact **Yerrabi Yurwang Child & Family Aboriginal Corporation**

☎ 0400 123 258