# Child Development 2-3 Years Old Transcript

*Adult...*

In the first five years of life, your child’s brain grows faster than at any other stage. This is the base for your child’s lifelong learning, health, and growth.

Children learn best when they are around people they know and love. Understanding how children learn and grow can give you confidence to support them. In the early years, your child’s main way of learning and developing is through play and interactions with you. Other influences on development include genes, nutrition, physical activity, health, and community.

*Child...*

Hi, I’m 3 years old and my brain is nearly 80% fully grown. There are things you can do with me to help my brain keep growing well.

* provide me with warm, friendly relationships, read and talk with me
* bond with me by smiling, playing, talking, and cuddling. As I develop, we will find new ways to bond
* spend time with me, we will build a connection which is important for me to thrive

At 3 years old, some things I may be doing are:

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

Please talk to our Maternal, Child and Family Health nurse/midwife or doctor if I am NOT:

* doing things, I used to
* speaking clearly enough for others to understand me
* understanding simple instructions
* playing with other children
* making eye contact
* showing emotions or feelings

Spending time with me is important for my health and happiness. Here are some ideas for how you can help do this:

* read books with me everyday
* allow me to try things by myself
* support me to ride a balance bike or tricycle
* encourage me to play with other children
* allow me lots of outdoor play.
* take me to playgroup so I can be around other children
* enrol me in a pre-school program

At this age:

* encourage me to try different foods to see if I like them
* help me to brush my teeth after food twice a day and visit the dentist every 6 to 12 months for a check-up. I may also be getting my molars.
* I should be having no more than 1 hour of screen time a day
* I need to be getting 10 to 13 hours sleep each night

And don’t forget to look after yourself. If you’re happy and healthy it helps me to be happy and healthy as well. Remember that part of looking after yourself is asking for help.

Spending time with others is important for your health and happiness too.

* attend a parent group or support network
* take me to a playgroup
* take me to the library
* talk to your partner, family & friends or Maternal, Child and Family Health nurse/midwife or doctor

Don’t forget to book my next immunization and child health check!

*Adult...*

Please take your child for the child health checks as it is a good time to talk to a professional about how you are both going and get support if you need it. Make sure you ask about your child’s health and development.

You will find information on all 9 of the child health checks in the blue book. And don’t forget to book your child’s next immunisation and child health check.

Contact Central Health Intake to make an appointment with a MACH nurse/midwife for your child’s Blue Book development checks on 02 6207 8884.

In general, development happens in the same order in most children, but skills might develop at different ages or times. If you have concerns or questions regarding your child’s development, contact or visit your local services.

* Early Parenting Support line on 02 5124 1775, to speak with the maternal child and health team
* Child Development Service (CDS) offers assessment, referral, information, and linkages for children 0 to 6 years. Contact on 02 6207 8884 or attend a drop-in clinic to speak to an Allied Health professional. Drop-in clinics are located at Child and Family Centres in
  + West Belconnen (02 6205 2904)
  + Gungahlin (02 6207 0120)
  + Tuggeranong (02 6207 8228)
* EACH – NDIS Partner (1300 003 224)

Aboriginal and Torres Strait Islander families can also contact a local First Nations Organisation:

* Winnunga Nimmityjah Aboriginal Health and Community Services on 02 6284 6222
* Yerrabi Yurwang Child and Family Aboriginal Corporation on 0400 123 258
* Gugan Gulwan Youth Ab original Corporation on 02 6296 8900

You and your child are eligible for a free yearly health check under Medicare. Ask your doctor!

For more information on raising children, looking after yourself and for simple ideas and tips go to raisingchildren.net.au

Look out for these resources:

**Child Development Video Series:**

|  |  |
| --- | --- |
| * 0-2 months * 2-4 months * 4-6 months * 6-12 months | * 12-18 months * 18 months-2 years * 2-3 years * 3-4 years |

**Scan for more of Child Development Resources:**

* Child Development Poster
* Family Pathways Map
* Child Health Checks (Blue Book)