

# 2-4 months old

In the first five years of life, my brain grows faster than at any other stage. I learn and develop through play and interaction.



## Some things you can do 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
- spend time with me, we will build a connection which is important for me to thrive

## Some things I may be doing are:

- making new sounds
- lifting my head and shoulders when laying on my tummy
- following people and objects with my eyes
- playing with my hands and feet
- rolling – please don't swaddle me!

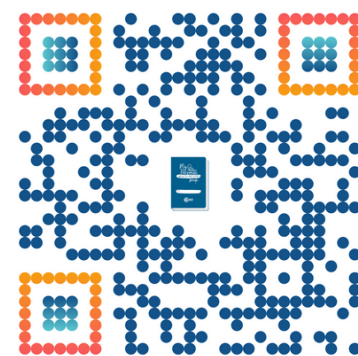


## Talk to our Maternal, Child and Family Health nurse/midwife or doctor if I am NOT:

- doing things, I used to
- responding to noise
- making sounds or laughing
- trying to grasp things



SCAN ME



Scan to watch 2-4 months old child development video

## Some ideas for how you can spend time with me:

- read and share picture books with me
- sing and talk to me
- play on the floor with me
- count my toys with me
- take me out in my pram or carrier for walks
- hold and cuddle me



Don't forget to look after yourself. If you're happy and healthy it helps me to be happy and healthy as well.

# Child Health Checks

## Please take me to my health checks

You will find information on all 9 of my health checks in my Blue Book. This is my personal health record. My Blue Book has health information to help you track my immunisations, growth, and development. To book my next health check or immunisation call

**Central Health Intake**



**02 5124 9977**

## Keep me up to date with my immunisations

Keep me protected against common infectious diseases. The Immunisation Record in my Blue Book will tell you what immunisations I need from birth to 4 years. You can book me in for my immunisations through Central Health Intake.

## Child and Family Centres

If you want to speak with someone about my health, wellbeing, learning and development, the Child and Family Centres offer free support for families and carers.

**West Belconnen**



**02 6205 2904**

**Tuggeranong**



**02 6207 8228**

**Gungahlin**



**02 6207 0120**

## Child health and development services

There are lots of services you can contact to help support me as I grow.

**Early Parenting Support line**



**02 5124 1775**

**Child Development Service**



**02 6207 8884**

**EACH - NDIS Partner**



**1300 003 224**

**Raising Children Network**



**raisingchildren.net.au**

## First Nations Organisations

I can have a free health check every year under Medicare, and so can you. Ask your doctor about it.

**Winnunga Nimmityjah**



**02 6284 6222**

**Yerrabi Yurwang**



**0400 123 258**

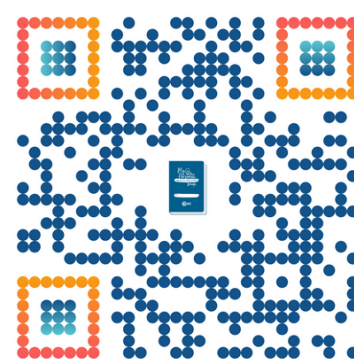
**Gugan Gulwan**



**02 6296 8900**

Scan to find useful resources that support child health & development.

**SCAN ME**



We thank Village partners for their contribution, and we acknowledge ACT Health and Canberra Health Services authorship and ownership of content relating to the 'Blue Book'.

