

Supporting children to develop physical health and wellbeing

The important adults in children's lives influence their development when they interact with them. Each interaction stimulates the child's developing brain and builds the foundations for their future.

Adults can support children's physical development, health and wellbeing in lots of ways. Look at the ideas below to think about how you can make a positive impact.



PHYSICAL HEALTH AND WELLBEING

Children learn best when they are healthy, independent and physically ready for each day.

Children learn to take care of their health by:

BABIES

Consistently having their material needs met

Being free to safely explore their world



Being exposed to a range of food flavours and textures

Having time to play with safe objects

TODDLERS

Having adults who let them practice the messy stuff

Having repeated chances to try new food flavours and textures



Helping with household chores

Practicing the basics (wash hands, use a fork and spoon, get dressed)

CHILDREN

Taking responsibility for household chores

Having increasing responsibility for themselves and their belongings



Choosing their preference from a range of healthy food options

Learning about food (where it comes from, how it grows, what it tastes like)

Children learn to use all their muscles (the big and small ones) by:

Exploring the world with their hands and mouths

Looking at faces



Having tummy time

Having a safe place to move and explore

Running, jumping, kicking and dancing

Taking part in arts and crafts



Visiting the playground

Finding and having a chance to practice new physical challenges

Playing a sport or musical instrument



Spending time outside and at the playground

Taking part in arts and crafts

Parents can best support children's development in physical health when they:

- Have social support
- Have access to areas for outdoor play
- Have access to health services
- Have access to affordable healthy food

Where you can get more information:



playgroupaustralia.org.au
www.healthy-kids.com.au

Who can help:

- Connect to your local playgroup
- Talk to your children's early years educators about your child's development, their success and their struggles
- Talk to your maternal child health nurse, GP or an occupational therapist or physiotherapist

Supporting children to develop social competence

The important adults in children's lives influence their development when they interact with them. Each interaction stimulates the child's developing brain and builds the foundations for their future.

Adults can support children's social development in lots of ways. Look at the ideas below to think about how you can make a positive impact.



SOCIAL COMPETENCE

Children do well in social settings when they are confident, happy to try new things and can get along with their peers.

Children learn to develop and maintain friendships by:

BABIES



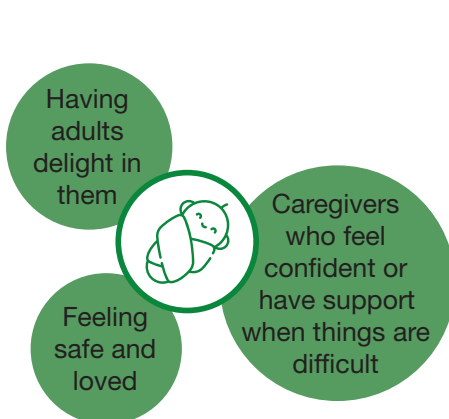
TODDLERS



CHILDREN



Children develop confidence and self-esteem by:



Parents can best support children's development in social competence when they:

- Have access to settings where their children can engage and play with peers
- Are supported in early education and care settings
- Seek parenting support
- Have access to quality early education or playgroups

Where you can get more information:



playgroupaustralia.org.au
www.earlychildhoodaustralia.org.au

Who can help:

- Talk to your maternal child health nurse or GP
- When things are tough, seek support from family, friends, the community or a support service
- Connect to your local playgroup
- Talk to your children's early years educators about your child's development, their success and their struggles

Supporting children to develop emotional maturity

The important adults in children's lives influence their development when they interact with them. Each interaction stimulates the child's developing brain and builds the foundations for their future.

Adults can support children's emotional development in lots of ways. Look at the ideas below to think about how you can make a positive impact.



EMOTIONAL MATURITY

Children adapt best to a classroom environment when they can consider others, concentrate, have patience and are beginning to manage their emotions.

Children learn to regulate emotions by:

BABIES



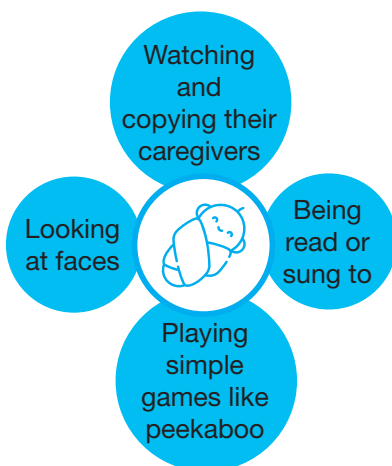
TODDLERS



CHILDREN



Children learn to get along with others by:



Parents can best support children's emotional development when they:

- Have social support
- Have supportive relationships
- Seek help for mental health
- Get help to manage parenting stress

Where you can get more information:



www.headspace.org.au
www.beyou.edu.au

Who can help:

- Talk to your maternal child health nurse or GP
- Connect to your local playgroup
- Talk to your children's early years educators about your child's development, their success and their struggles

Supporting children to develop communication skills and general knowledge

The important adults in children's lives influence their development when they interact with them. Each interaction stimulates the child's developing brain and builds the foundations for their future.

Adults can support children's communications skills in lots of ways. Look at the ideas below to think about how you can make a positive impact.



COMMUNICATION SKILLS AND GENERAL KNOWLEDGE

Children who are successful learners are able to communicate their needs and thoughts to adults and other children.

Children become confident communicators by:

BABIES

Listening to people talk, read, and sing

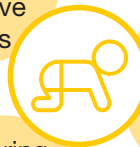


Blowing raspberries and making new sounds

Imitating faces

TODDLERS

Practicing talking to attentive adults



Listening to people talk, read, and sing and joining in

Hearing new and different words

CHILDREN

Reading new and interesting books



Telling stories to someone who is really listening

Having help with tricky words

Children learn about their world by:

Listening to parents talk about the world



Learning new words

Seeing new things

Taking part in familiar routines



Looking at pictures of their day and telling stories

Guessing what comes next

Visiting the library



Talking about their ideas

Going to new places

Parents can best support children's development in communication skills and general knowledge when they:

- Have access to quality early learning environments
- Are supported and have time to spend with their children

Where you can get more information:



www.raisingchildren.net.au
www.letsread.com.au

Who can help:

- Connect to your local playgroup
- Visit your local library and explore what they have for children
- Talk to your maternal child health nurse, GP or a speech pathologist
- Talk to your children's early years educators

Supporting children to develop language and cognitive skills (school-based)

The important adults in children's lives influence their development when they interact with them. Each interaction stimulates the child's developing brain and builds the foundations for their future.

Adults can support children's language and cognitive development in lots of ways. Look at the ideas below to think about how you can make a positive impact.



LANGUAGE AND COGNITIVE SKILLS (SCHOOL-BASED)

Children love to learn new things at school when they have developed an early interest in reading and counting, and can recognise numbers and shapes.

Children become confident language learners by:

BABIES



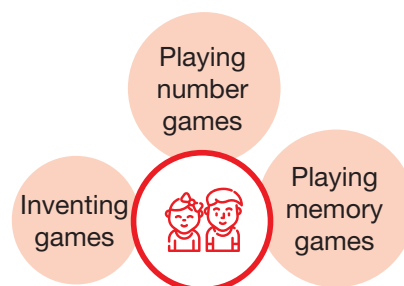
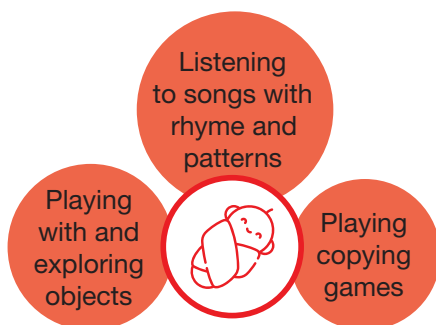
TODDLERS



CHILDREN



Children become confident numeracy learners by:



Parents can best support children's development in language and cognitive skills when they:

- Are supported in early education and care settings
- Have access to quality early education or playgroups

Where you can get more information:



www.raisingchildren.net.au
playgroupaustralia.org.au

Who can help:

- Visit your local library and explore what they have for children
- Find ideas for fun games at www.learningpotential.edu.au
- Connect to your local playgroup
- Talk to your children's early years educators about your child's development, their success and their struggles
- Speech Pathologist