

Help your child develop their skills

Skills such as taking a first step, smiling for the first time, and waving "bye-bye" are called developmental milestones.

From birth to 5 years, your child should reach milestones in how he or she plays, learns, speaks, acts and moves.

For ideas about simple everyday things you can do with your child at each age, download the free Love, talk, sing, read, play app at

www.lovetalksingreadplay.com.au



MILESTONES MATTER



Don't wait. Act early

If your child is not meeting the milestones for their age, share your concerns.

Talk to your child and family health nurse or general practitioner.

Act early while skills are developing.
Help your child reach their full potential.

Find out more

My Personal Health Record (the Blue Book) contains more information on the milestones and useful websites.

Track your child's development. Act early if you have a concern.

Find your local child and family health service at:
www.health.nsw.gov.au/child-family-health-services

Contact details

Keep track of your child's development

Answer the Learn the Signs. Act Early. questions in the My Personal Health Record (the Blue Book) to see if you child's development is in on track.

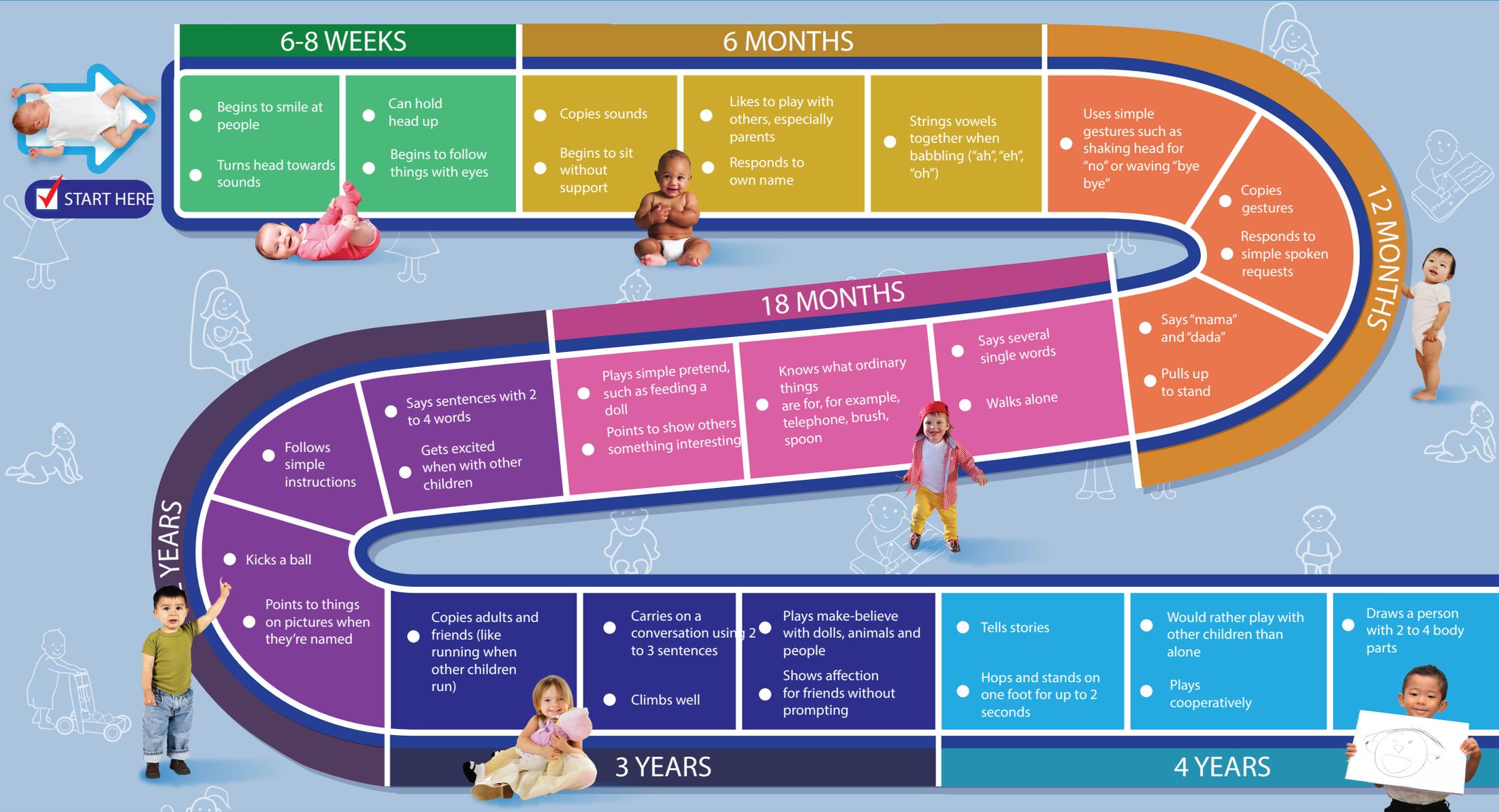
Regularly take your child to the child and family health nurse or your general practitioner for health and development checks.





LEARN THE SIGNS. ACT EARLY.

Your child's early development is a journey.



MY PERSONAL HEALTH RECORD contains more information on the milestones. Share your child's progress and any concerns with your child and family health nurse or general practitioner at every visit. Don't wait. Acting early can make a real difference! To find your local Child and Family Health Centre go to www.health.nsw.gov.au/child-family-health-services.

For more ideas on spending time with your child, go to Love, talk, sing, read, play. <http://tsrp.resourcingparents.nsw.gov.au/>