

# Talking the Talk – Create a healthy family plan



Chat some more  
about your child ...

- another day soon
- and bring a family member, friend or elder with me
- in a few weeks



Spend time  
together ...

- playing outside
- chatting and singing
- looking at books
- drawing and making things



Join in with...

- a play group
- story time at the library
- a parents' group



See a professional...

- about building a strong relationship with my child
- about my child's listening and talking
- about my child's behaviour
- for a hearing test
- about my child's play and movement skills
- about my child's health and development (GP or paediatrician)

## and build your family story

