

Now I am 1

My brain and body develop in amazing ways in the first five years of life. Understanding how I develop will help you to support me to learn new skills and reach my full potential.

How you can help my development and learning

- Share stories, read and sing with me.
- Help me to understand what I am feeling.
- Be calm and sit beside me when I am upset or excited.
- Share a smile or a hug.

My next child health check

I have a child health check due at 12 and 18 months. To book an appointment call 1300 366 039.

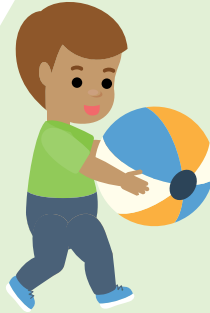
If you have development concerns, you can make an appointment to see a child health nurse at any time.

More information

Scan the QR code to visit our website for more information about child health services in the Greater Brisbane area.



With your help, in the next 12 months, I will learn to:



Move around by walking, beginning to run, climb and use the stairs with help



Play near other children. I may start to cooperate with them. I like 'pretend play'



Feed myself with finger food and will try to use a spoon and fork



Give to mummy

Understand simple questions and instructions



Build tower blocks



More food

Push car

Say new words and join some words together



Further support

Free call 13 HEALTH (13 43 25 84) 24/7 to speak to a child health nurse | Breastfeeding helpline 1800 686 268
Parentline 1300 301 300 www.parentline.com.au | Raising Children's Network www.raisingchildren.net.au



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Now I am 2

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How you can help my development and learning

- Share stories, read and sing with me.
- Help me to understand what I am feeling.
- Name feelings to help me understand that I'll be OK.
- Be patient and wait for me to finish tasks.
- Share a smile or a hug.

My next child health check

I have a child health check due between 2.5 and 3.5 years old. To book an appointment call 1300 366 039.

If you have development concerns, you can make an appointment to see a child health nurse at any time.

More information

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Further support

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With your help, in the next 12 months, I will learn to:

Go up stairs now

Feed myself with a spoon or fork and use a cup to drink

Enjoy it when we read familiar picture books and point to small details in pictures

Run and climb

Walk up and down stairs holding onto a rail one step at a time

Learn new words and use two or three words together

Build tower blocks, scribble and draw

Start to show interest in other children playing and join in for a short time



Now I am 3

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How you can help my development and learning

- Share stories, read and sing with me.
- Help me to understand what I am feeling.
- Name feelings to help me understand that I'll be OK.
- Be patient and wait for me to finish tasks.
- Share a smile or a hug.

My next child health check

I have a child health check due between 2.5 and 3.5 years old. To book an appointment call 1300 366 039.

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Further support

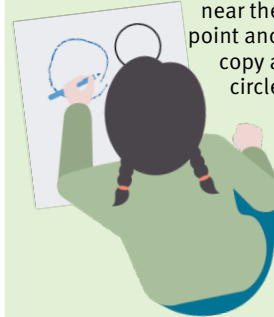
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With your help, in the next 12 months, I will learn to:



Point to parts of pictures and toys e.g. car door



Hold a pencil near the point and copy a circle



Dress and undress myself, with only a little help

Join in 'pretend' play with other children



Who's coming?

Where's the swing?

Ask lots of *What? Where?* and *Who* questions?

I'll like to talk and tell stories

Unfamiliar people can understand me

Walk upstairs with alternating feet, hop, jump and run



Now I am 4

My brain and body develop in amazing ways in the first five years of life. Understanding how I develop will help you to support me to learn new skills and reach my full potential.

How you can help my development and learning

- Share stories, read and sing with me.
- Praise my achievements.
- Talk about my day and share my feelings.
- Share a smile or a hug.

My next child health check

I have a child health check due between 4 and 5 years old. To book an appointment call 1300 366 039.

If you have development concerns, you can make an appointment to see a child health nurse at any time.

More information

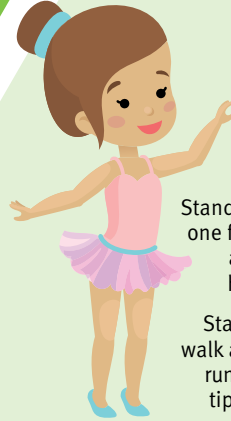
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With your help, in the next 12 months, I will learn to:



Stand on one foot and hop
 Stand, walk and run on tiptoe

Dress and undress myself, with only a little help

Follow simple instructions e.g. 'Put your bag away and then change'



Hold a pencil between my thumb and first two fingers to draw a person with head, legs, body and sometimes arms and fingers



Show sympathy for other children who are upset.

Take part in conversations and tell stories.



Now I am 5

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How you can help my development and learning

- Share stories, read and sing with me.
- Praise my achievements.
- Talk about my day and share my feelings.
- Share a smile or a hug.

My next child health check

I have a child health check due between 4 and 5 years old. To book an appointment call 1300 366 039.

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With your help, in the next 12 months, I will learn to:

 <p>Use a knife and fork, spread with a blunt knife</p>	<p>Tell stories and take part in conversations</p> 	<p>Draw people, colour within lines and copy a triangle</p> 
<p>Listen to instructions and follow simple rules</p> <p>Play cooperatively with other children most of the time and understand the need for rules and playing fairly</p> 		<p>Balance and hop on one foot, walk downstairs alternating feet without a rail</p> <p>Get myself dressed and undressed</p> 



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Now I am 6

Understanding how I develop will help you to support me to learn new skills and reach my full potential.

How you can help my development and learning

- Remember I'm not the same as everyone else. I'm unique! Use my interests to encourage me.
- If you see that I'm struggling, encourage me by thinking about what I'm good at and how that could help.
- Let me have a go at different things – even if you think I might not be very good at it yet. I like to have a go and be challenged!

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With your help, in the next 12 months, I will learn to:



Use more pretend play filled with fantasy and drama and share with others

Talk – sometimes a lot! I will use full sentences and tell stories in the right order

Pay attention for longer and see other peoples' point of view

Be more coordinated moving my body and using my hands to tie laces, do zips and buttons



Understand what is happening around me including instructions and simple jokes

Start to try things on my own but I still need you to help me with big emotions



The kids didn't laugh at my best joke today



Now I am 7

Understanding how I develop will help you to support me to learn new skills and reach my full potential.

How you can help my development and learning

- Remember I'm not the same as everyone else. I'm unique! Use my interests to encourage me.
- If you see that I'm struggling, encourage me by thinking about what I'm good at and how that could help.
- Let me have a go at different things – even if you think I might not be very good at it yet. I like to have a go and be challenged!

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With your help, in the next 12 months, I will learn to:

Be more creative with pretend play

Enjoy playing with friends and spending time on my own too



Speak clearly and use lots of different types of words

Use more complicated sentences to tell you about my day and experiences

I can make up stories of my own too



I wrote a story about going to space at school today mum

Do you want to hear it?

Once upon a time

Enjoy learning new things, being curious and connecting with adults

Understand and use a variety of questions – what, who, where, when and why



Who invented fire?

Why?

How?

Better manage my emotions, especially when we are out

I'm feeling sad, can I have a hug?



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Now I am 8

Understanding how I develop will help you to support me to learn new skills and reach my full potential.

How you can help my development and learning

- Remember I'm not the same as everyone else. I'm unique! Use my interests to encourage me.
- If you see that I'm struggling, encourage me by thinking about what I'm good at and how that could help.
- Let me have a go at different things – even if you think I might not be very good at it yet. I like to have a go and be challenged!

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With your help, in the next 12 months, I will learn to:

Be able to follow instructions with a number of steps
 Use more focused attention on activities

It's not easy to make a dog from wood bark.
 Understand that words can have many meanings and this helps me 'get' jokes

Read the first question in your English book
Write your answer underneath
Draw a picture to go with your answer

Work out where I fit
 It may look like I'm naughty but I just need help to see what is OK

Enjoy being more independent when I can, however I need to be reminded to be safe

Use my thinking for information I see and hear to understand the world around me

