

## Connecting

Do you have a child aged o-5 years?

Sign up to find out more about your child's growth, looking after yourself, helping your their brain develop and more!

They are for mums and dads, so why not sign up together!



Scan the QR code or visit our web page to register today!

Welcome to C2u
messages. You will receive
SMSs from your bubba
during the week, up until
bub is 5 years old.
Reply STOP to opt out

I am becoming more alert
and I will watch you
move around more.
I am a social bubba and
love it when you and
our mob yarn with me.

Sign up to get free weekly parenting support txt msgs, like the ones below:

I like it when you hold me close, make eye contact and soothe me. Your kindness and gentleness when I cry makes me feel safe and I can calm more quickly.

My o-4 week health checks are due. Don't forget to bring my Red Book!

I love connecting with you during tummy time.
Start with short efforts a few times a day.
I will soon get stronger.

## childrens.health.qld.gov.au/connecting2u

Get in touch by emailing: Connecting2u@health.qld.gov.au



