

## Health Promotion in Primary Health Care Statewide Child and Youth Clinical Network (SCYCN)

Custodian/Review Officer: Chairperson  
SCYCN – Child Health Sub-network

**Version no:** 1.0

**Applicable To:** Child and Youth Health  
Nurses, Registered Nurses, Midwives and  
Aboriginal and Torres Strait Islander Child  
Health Workers

**Approval Date:** 27/02/2012

**Effective Date:** 27/02/2012

**Next Review Date:** 27/02/2015

**Authority:** State wide Child and Youth  
Clinical Network

**Approving Officer**

Chairperson SCYCN

**Name**

Dr Julie MCEniery

**Key Words:** Assessing, nutrition, growth,  
development, child health, primary health  
care setting

**Accreditation References:**

EQuIP and other criteria and standards

Standard 12

### 1. Purpose

This Guideline has been developed to promote and facilitate consistent health promotion information being provided to parent/s and or carer/s of infants and children aged 0-5 years within the primary health care setting.

### 2. Scope

This Guideline has been developed for use by all Queensland Health Clinical Staff working within the primary health care setting.

### 3. Related documents

Child and Youth Health Practice Manual for Child and Youth Health Nurses and Aboriginal and Torres Strait Islander Child Health Workers [2] available from;

<http://www.health.qld.gov.au/child-youth/>

#### 4. Providing parent/s and or carer/s with key health promotion messages in the primary health care setting

- 4.1 Work in partnership [2] with families to provide health promotion that builds on parent/s and or carer/s capacity and competence to make informed decisions for the health and wellbeing of themselves and their infant /child [3].
- 4.2 Provide parent/s and or carer/s with health promotion messages that are congruent with national and state health policies and guidelines, and, appropriate for the infant/child's age and stage of development. Refer to appendix 1 for key anticipatory health promotion messages that are relevant for each age and stage of development, in line with the current scheduled child health check ages in the personal health record [4].
- 4.3 Provide parent/s and or carer/s with relevant evidenced-based, contemporary health promotion information and resources. Appendix 2 of this guideline provides further explanation of key health promotion messages outlined in Appendix 1 with links to relevant resources.
- 4.4 When planning health promotion activities, consider;
- Health promotion needs as identified by the community, group, or individual (parent / carer).
  - Appropriate resources for parent/s and or carer/s with literacy and/or learning difficulties.
  - Tailoring relevant health promotion messages to rural and remote communities.
  - Resources that are culturally sensitive and meet the specific needs of CALD populations. Refer to appendix 2 for “additional resources”.
  - Appropriate resources for parent/s and or carer/s with mental health conditions.
- 4.5 Provide health promotion in a variety of settings, including;
- **pre-planned** programs
  - **opportunistically**
  - **individually**
  - **group** and family situations
  - **various environments** i.e. home, workplace, community centres, childcare and pre school [1] and Aboriginal and Torres Strait Islander Organisations.

4.6 Document health promotion provided to the parent/s and or carer/s in the infant / child's medical record.

## 5. Definition of Terms

Definitions of key terms are provided below.

Term	Definition / Explanation / Details	Source
<b>CALD</b>	<b>Culturally and Linguistically Diverse</b>	[1]
<b>Health Promotion</b>	<b>Health promotion is the process of enabling people to increase control over, and to improve, their health.</b>	[3]
<b>NIPS</b>	<b>National Immunisation Program Schedule</b>	[5]
<b>EBM</b>	<b>Expressed Breast Milk</b>	
<b>PHR</b>	<b>Personal Health Record</b>	
<b>PND</b>	<b>Post Natal Depression</b>	

## 6. References and Suggested Reading

1. Queensland Health. *Child and Youth Health Practice Manual Section 2*. 2007 [cited Section 2; Available from: [http://www.health.qld.gov.au/health\\_professionals/childrens\\_health/default.asp](http://www.health.qld.gov.au/health_professionals/childrens_health/default.asp).
2. Davis, H.D., C., ed. *Working in Partnership: The Family Partnership Model*. 2010, Pearson: United Kingdom.
3. World Health Organisation. *Health Promotion*. Available from: [http://www.who.int/topics/health\\_promotion/en/](http://www.who.int/topics/health_promotion/en/).
4. *Personal Health Record*. Available from: [http://qheps.health.qld.gov.au/cyhu/health\\_record.htm](http://qheps.health.qld.gov.au/cyhu/health_record.htm).
5. Australian Government. *National Immunisation Program Schedule*. [cited 2011 20th May]; Available from: <http://immunise.health.gov.au/internet/immunise/publishing.nsf/Content/nips2>.
6. Queensland Government. *Code of Conduct for the Queensland Public Service*. 2011 [cited 2011 23/6]; Available from: <http://www.health.qld.gov.au/codeofconduct/default.asp>.
7. Victorian Government, *Increasing Healthy Eating for Children Aged 4-6 months to 4 years: An Evidence Summary*. 2010, Victorian Department of Health.

8. Queensland Health, *A Healthy Start to Life: A Nutrition Manual for Health Professionals*. 2008: Brisbane.
9. Public Health Nutrition Team, ed. *Growing Strong: Feeding you and your baby*. 2002, Queensland Health: Brisbane.
10. National Health and Medical Research Council, *Dietary Guidelines for Children and Adolescents in Australia incorporating Guidelines for Health Workers*. 2003, Commonwealth Government.
11. Queensland Health. *Child Health Information: Your guide to the first 12 months*. 2010.
12. Queensland Health. *Get Up & Grow*. 23/4/2010 [cited 2011 30/5]; Available from: [http://www.health.qld.gov.au/health\\_professionals/childrens\\_health/getup&grow.asp](http://www.health.qld.gov.au/health_professionals/childrens_health/getup&grow.asp).
13. Queensland Health. *Breastfeeding website*. 2011 [cited 2011 21/6]; Available from: <http://www.health.qld.gov.au/breastfeeding/>.
14. Barlow J and Svanberg P O, *Keeping the Baby in Mind: Infant Mental Health in Practice*. London: Routledge. 2009.(Level of Evidence 3A)
15. Centre for Community Child Health, *An Overview Of Attachment Theory*, in *Community Paediatric Review*. 2009, Royal Children's Hospital: Melbourne. (Level of Evidence 4 A)
16. Gunning M, et al., *Emotional intelligence, attachment and bonding and communication*. *Community Practitioner*, 2011. **84**(3): p. 27-31.(Level of Evidence E3)
17. Queensland Centre for Perinatal and Infant Mental Health (QCPIMH). *Perinatal and Infant Mental Health*. 16/6/10 [cited 2011 1/6]; Available from: <http://www.health.qld.gov.au/qcpimh/pimh.asp>.
18. Circle of Security. [cited 2011 21/6]; Available from: <http://www.circleofsecurity.org/>.
19. Queensland Health. *Growth and Development - Child Development Milestones*. Available from: [http://www.health.qld.gov.au/cchs/growth\\_approp.asp](http://www.health.qld.gov.au/cchs/growth_approp.asp).
20. Royal Childrens Hospital Health Service District: Child Health Service, *FIRST STEPS: A Pathway for Infants, Children and Parents*. 2006, Queensland Health.
21. Harper C, C.M., Bright M, Neill A, McClintock C, McCulloch B, Hunter I, Bell M., *Health Determinants, Chapter 2 Children*, Q. Health, Editor. 2004: Brisbane.
22. Gardner HG, *Pediatrics Office-Based Counseling for unintentional Injury Prevention*. Pediatrics, 2007.
23. Queensland Health, *Strategic Policy Framework for Children's and Young People's Health 2002-2007*. 2002.
24. beyondblue. *the national depression initiative*. 1/6/2011 [cited 2011 1/6]; Available from: <http://www.beyondblue.org.au/>.

25. Jones L, et al., *Parental and household smoking and the increased risk of bronchitis, bronchiolitis and other lower respiratory infections in infancy: systematic review and meta-analysis*. Respiratory Research, 2011. **12**(5).(Level of Evidence 1E)
26. South Australia Parenting and Child Health website. Available from: <http://www.cyh.com/HealthTopics/HealthTopicDetails.aspx?p=114&np=122&id=1837>.
27. Queensland Health. *Child and Youth Health Practice Manual Section 3*. 2007; Available from: [http://www.health.qld.gov.au/health\\_professionals/childrens\\_health/default.asp](http://www.health.qld.gov.au/health_professionals/childrens_health/default.asp).
28. National Public Health Partnership, *The National Aboriginal and Torres Strait Island Safety Promotion Strategy*. 2004: Canberra.
29. National Public Health Partnership, *The National Injury Prevention and Safety Promotion Plan: 2004-2014*. 2004: Canberra.
30. Queensland Health, *Safe Infant Care to Reduce the Risk of Sudden Unexpected Deaths in Infancy - Policy Statement and Guidelines*. 2008, Queensland Government.
31. Queensland Government. *SunSafety homepage*. Available from: <http://www.sunsafety.qld.gov.au>.
32. Queensland Health. *Oral Health* [cited 2011 20/05]; Available from: [http://www.health.qld.gov.au/oralhealth/promo\\_programs/happy\\_teeth.asp](http://www.health.qld.gov.au/oralhealth/promo_programs/happy_teeth.asp).
33. K, P.-S. and Stevens J, *Optimizing the Health of Infants and Children: Their Oral Health Counts!* Journal of Pediatric Nursing, 2010. **25**: p. 244-249.(Level of Evidence A3)
34. Queensland Health. *Immunisation fact sheets*. Available from: <http://access.health.qld.gov.au/hid/ChildHealth/Immunisation/index.asp>.
35. Queensland Government. *The Australian Immunisation Handbook*. 2008 24th May 2011; 9th Edition:[Available from: <http://immunise.health.gov.au/internet/immunise/publishing.nsf/Content/handbook-home>].
36. Queensland Health Communicable Disease Control Guidance and Information: A-Z home page. [cited 2011 20th May]; Available from: <http://www.health.qld.gov.au/healthieryou/communicable/default.asp>.
37. Australasian Society of Clinical Immunology and Allergy. *ascia website*. Available from: <http://www.allergy.org.au/>.
38. Australian Government Department of Health and Ageing. *Physical Activity Guidelines*. 2010 [cited 2011 20/6]; Available from: [http://www.health.gov.au/internet/main/publishing.nsf/Content/health-pubhlth-strateg-phys-act-guidelines#rec\\_0\\_5](http://www.health.gov.au/internet/main/publishing.nsf/Content/health-pubhlth-strateg-phys-act-guidelines#rec_0_5).

39. *Getting to Know You: recognising infant communication and social interaction.* 2003.
40. *Hello Everyone!* 2011.
41. Queensland Health. *Child Injury Prevention website.* [cited 2011 23/6]; Available from: <http://www.health.qld.gov.au/chipp/default.asp>.
42. Pedenet M [et al]. *World Report on Child Injury Prevention.* 2008; Available from: [http://who.int/violence\\_injury\\_prevention/child/injury/world\\_report/en/index.html](http://who.int/violence_injury_prevention/child/injury/world_report/en/index.html).
43. Mercy JA, Sleet DA, and Doll LS, *Applying a Developmental Approach to Injury Prevention.* American Journal of Health Education, 2003. **34**(5). (Level of Evidence A3)
44. Queensland Health. *Child Safety at Home: Mission Possible.* [cited 2011 1/6]; Available from: [http://www.health.qld.gov.au/chipp/child\\_safety/default.asp](http://www.health.qld.gov.au/chipp/child_safety/default.asp).
45. D, Y. and Satur J, *Models for individual oral health promotion and their effectiveness: a systematic review.* Australian Dental Journal, 2009. **54**: p. 190-197. (Level of Evidence A2)
46. Queensland Health, *Healthy Teeth for Life.* 2006: Brisbane.
47. Australian Government. *Immunise Australia Program.* 2011; Available from: <http://www.immunise.health.gov.au/>.
48. LM, S., et al., *Health Literacy and Child Health Promotion: Implications for Research, Clinical Care, and Public Policy.* Pediatrics, 2009. **124**(3). (Level of Evidence A3)

## 7. Consultation

Refer to appendix 3 for acknowledgements.

## 8. Guideline Revision and Approval History

Version No.	Modified by	Amendments authorised by	Approved by
1.0	T Button	J Pratt	SCYCN

## 9. Level of Evidence

The Joanna Briggs Institute, our Collaborating Centres and Evidence Translation Groups currently assign a level of evidence to all conclusions drawn in JBI Systematic Reviews.

The JBI Levels of Evidence are:

Levels of Evidence	Feasibility F(1-4)	Appropriateness A(1-4)	Meaningfulness M(1-4)	Effectiveness E(1-4)	Economic Evidence
1	Metasynthesis of research with unequivocal synthesised findings	Metasynthesis of research with unequivocal synthesised findings	Metasynthesis of research with unequivocal synthesised findings	Meta-analysis(with homogeneity) of experimental studies (eg RCT with concealed randomisation) OR One or more large experimental studies with narrow confidence intervals	Metasynthesis (with homogeneity) of evaluations of important alternative interventions comparing all clinically relevant outcomes against appropriate cost measurement, and including a clinically sensible sensitivity analysis
2	Metasynthesis of research with credible synthesised findings	Metasynthesis of research with credible synthesised findings	Metasynthesis of research with credible synthesised findings	One or more smaller RCTs with wider confidence intervals OR Quasi-experimental studies(without randomisation)	Evaluations of important alternative interventions comparing all clinically relevant outcomes against appropriate cost measurement, and including a clinically sensible sensitivity analysis
3	a. Metasynthesis of text/opinion with credible synthesised findings b. One or more single research studies of high quality	a. Metasynthesis of text/opinion with credible synthesised findings b. One or more single research studies of high quality	a. Metasynthesis of text/opinion with credible synthesised findings b. One or more single research studies of high quality	a. Cohort studies (with control group) b. Case-controlled c. Observational studies(without control group)	Evaluations of important alternative interventions comparing a limited number of appropriate cost measurement, without a clinically sensible sensitivity analysis
4	Expert opinion	Expert opinion	Expert opinion	Expert opinion, or physiology bench research, or consensus	Expert opinion, or based on economic theory

## 10. Disclaimer

This guideline has been developed to promote and facilitate standard and consistent practice.

Clinical material offered in this guideline does not replace or remove clinical judgement or the professional duty of care necessary for each individual client.

Clinicians and health care workers must work within their own individual scope of practice, adhering to legislative requirements and Code of Conduct [6]

Clinical care provided in accordance with this guideline should be provided within the context of locally available resources and expertise.



Domain	AGE							
	0-4 weeks	2 months	4 months	6 months	12 months	18 months	2.5-3.5 yrs	4-5 yrs
<b>Nutrition [7-13]</b>	<ul style="list-style-type: none"> <li>Breastfeeding</li> <li>Bottle feeding</li> <li>Breast and bottle feeding</li> <li>Maternal nutrition</li> <li>No cows milk or solid foods</li> <li>If using artificial infant formula– safe use</li> <li>Cleaning &amp; sterilizing feeding equipment e.g. bottles, teats etc</li> </ul>	<ul style="list-style-type: none"> <li>Breastfeeding</li> <li>Bottle feeding</li> <li>Breast and bottle feeding</li> <li>Maternal nutrition</li> <li>No cows milk or solid foods</li> <li>If using artificial infant formula– safe use</li> <li>Cleaning &amp; sterilizing feeding equipment e.g. bottles, teats etc</li> </ul>	<ul style="list-style-type: none"> <li>Breastfeeding</li> <li>Bottle feeding</li> <li>Breast and bottle feeding</li> <li>Maternal nutrition</li> <li>No cows milk or solid foods</li> <li>If using artificial infant formula– safe use</li> <li>No solid foods until around 6 months</li> <li>Cleaning &amp; sterilizing feeding equipment e.g.</li> </ul>	<ul style="list-style-type: none"> <li>Breastfeeding</li> <li>Bottle feeding</li> <li>Maternal nutrition</li> <li>No cows milk to drink</li> <li>Starting solids and texture transition from 6-12 months</li> <li>Cooled boiled water from a cup</li> <li>Offer food that is age &amp; developmentally appropriate</li> <li>Offer appropriate amount of food &amp; allow infant / child to</li> </ul>	<ul style="list-style-type: none"> <li>Transition on to family foods / encouraging variety of foods based on 5 food groups</li> <li>Continuing breastfeeding</li> <li>Stopping formula &amp; bottles</li> <li>Introducing cows milk and normal water from a cup – No need for flavoured milk, soft drink, juice or cordial</li> <li>Offer food that is age &amp; developmentally appropriate</li> <li>Offer meals &amp; healthy snacks</li> </ul>	<ul style="list-style-type: none"> <li>Family foods based on 5 food groups</li> <li>Continuing breastfeeding</li> <li>No artificial infant formula / bottles</li> <li>Full cream cows milk or water</li> <li>Limit soft drink, juice and cordial</li> <li>Offer meals &amp; healthy snacks at regular predictable times</li> <li>Offer appropriate amount of food &amp; allow infant / child to decide for themselves</li> </ul>	<ul style="list-style-type: none"> <li>Family foods based on 5 food groups</li> <li>No bottles</li> <li>Reduced fat cows milk or water</li> <li>Limit soft drink, juice and cordial</li> <li>Offer meals &amp; healthy snacks at regular predictable times</li> <li>Offer appropriate amount of food &amp; allow infant / child to decide for themselves how much they actually</li> </ul>	<ul style="list-style-type: none"> <li>Family foods based on 5 food groups</li> <li>No bottles</li> <li>Reduced fat cows milk or water</li> <li>Limit soft drink, juice and cordial</li> <li>Healthy school lunches</li> <li>Offer appropriate amount of food &amp; allow infant / child to decide for themselves how much they actually eat</li> <li>Parents / family role</li> </ul>

Domain	AGE							
	0-4 weeks	2 months	4 months	6 months	12 months	18 months	2.5-3.5 yrs	4-5 yrs
			bottles, teats etc <ul style="list-style-type: none"> <li>Signs that your infant is ready to start solid foods</li> <li>Cleaning &amp; sterilizing feeding equipment e.g. bottles, teats</li> </ul>	decide for themselves how much they actually eat <ul style="list-style-type: none"> <li>Safe preparation / storage of food</li> <li>Cleaning feeding equipment</li> <li>Food security (availability, access, preparation &amp; storage)</li> </ul>	at regular predictable times <ul style="list-style-type: none"> <li>Offer appropriate amount of food &amp; allow infant / child to decide for themselves how much they actually eat</li> <li>Positive, relaxed, social mealtimes</li> <li>Self feeding</li> <li>Food security (availability, access, preparation &amp; storage) e.g. having food available if child is hungry</li> </ul>	how much they actually eat <ul style="list-style-type: none"> <li>Parents / family role modelling healthy eating habits</li> <li>Positive, relaxed, social mealtimes</li> <li>Independent eating</li> <li>Food security (availability, access, preparation &amp; storage) e.g. having food available if child is hungry</li> </ul>	eat <ul style="list-style-type: none"> <li>Parents / family role modelling healthy eating habits</li> <li>Positive, relaxed, social mealtimes</li> <li>Food security (availability, access, preparation &amp; storage) e.g. having food available if child is hungry</li> </ul>	modelling healthy eating habits <ul style="list-style-type: none"> <li>Positive, relaxed, social mealtimes</li> <li>Food security (availability, access, preparation &amp; storage) e.g. having food available if child is hungry</li> </ul>
<b>Physical Activity &amp; Screen Time</b> [12]	<ul style="list-style-type: none"> <li>Physical activity; supervised floor - based play (in a safe environment) e.g. tummy time</li> </ul>	<ul style="list-style-type: none"> <li>Physical activity; supervised floor - based play (in a safe environment) e.g. tummy time</li> </ul>	<ul style="list-style-type: none"> <li>Physical activity; supervised floor - based play (in a safe environment) e.g. tummy time</li> </ul>	<ul style="list-style-type: none"> <li>Physical activity; supervised floor - based play (in a safe environment) e.g. tummy time</li> </ul>	<ul style="list-style-type: none"> <li>Physical activity daily for at least 3 hours (spread throughout the day)</li> <li>No screen</li> </ul>	<ul style="list-style-type: none"> <li>Physical activity daily for at least 3 hours (spread throughout the day)</li> <li>No screen</li> </ul>	<ul style="list-style-type: none"> <li>Physical activity daily for at least 3 hours (spread throughout the day)</li> <li>Limit screen time i.e.</li> </ul>	<ul style="list-style-type: none"> <li>Physical activity daily for at least 3 hours (spread throughout the day)</li> <li>Limit screen time i.e.</li> </ul>

Domain	AGE								
	0-4 weeks	2 months	4 months	6 months	12 months	18 months	2.5-3.5 yrs	4-5 yrs	
	<ul style="list-style-type: none"> <li>No screen time</li> </ul>	<ul style="list-style-type: none"> <li>No screen time</li> </ul>	<ul style="list-style-type: none"> <li>No screen time</li> </ul>	<ul style="list-style-type: none"> <li>No screen time</li> </ul>	<ul style="list-style-type: none"> <li>No screen time</li> </ul>	<ul style="list-style-type: none"> <li>time</li> </ul>	<ul style="list-style-type: none"> <li>time</li> </ul>	<ul style="list-style-type: none"> <li>computer, television(&lt;1 hour / day)[12]</li> </ul>	<ul style="list-style-type: none"> <li>computer, television(&lt;1 hour / day)[12]</li> </ul>
<b>Development</b>									
<b>Social / Emotional</b> [14-17]	<ul style="list-style-type: none"> <li>Recognising &amp; promoting normal Infant development &amp; behaviour</li> <li>Secure infant - maternal attachment</li> <li>Maternal mental health (<i>potential impact on infants social / emotional development</i>)</li> <li>Infant communication - recognising &amp; responding to infants cues /crying / needs</li> </ul>	<ul style="list-style-type: none"> <li>Recognising &amp; promoting normal Infant development &amp; behaviour</li> <li>Secure infant - maternal attachment</li> <li>Maternal mental health (<i>potential impact on infants social / emotional development</i>)</li> <li>Infant communication - recognising &amp; responding to infants cues /crying / needs</li> </ul>	<ul style="list-style-type: none"> <li>Recognising &amp; promoting normal Infant development &amp; behaviour</li> <li>Secure infant - maternal attachment</li> <li>Maternal mental health (<i>potential impact on infants social / emotional development</i>)</li> <li>Infant communication - recognising &amp; responding to infants cues /crying / needs</li> <li>Playgroup</li> </ul>	<ul style="list-style-type: none"> <li>Recognising &amp; promoting normal Infant development &amp; behaviour</li> <li>Secure infant - maternal attachment</li> <li>Maternal mental health (<i>potential impact on infants social / emotional development</i>)</li> <li>Infant communication - recognising &amp; responding to infants cues /crying / needs</li> <li>Separation Anxiety</li> <li>Playgroup</li> </ul>	<ul style="list-style-type: none"> <li>Recognising &amp; promoting normal Infant development and behaviour –speech &amp; language, autonomy, self identity, emotional needs, play, socialising</li> <li>Maternal mental health (<i>potential impact on toddlers social / emotional development</i>)</li> <li>Triple P</li> <li>Circle of security [18]</li> <li>Playgroup</li> </ul>	<ul style="list-style-type: none"> <li>Recognising &amp; promoting development and behaviour – speech &amp; language, autonomy, self identity, emotional needs, play, socialising</li> <li>Maternal mental health (<i>potential impact on toddlers social / emotional development</i>)</li> <li>Triple P</li> <li>Attachment / relationship based parenting information e.g. Circle of security [18]</li> <li>Playgroup</li> </ul>	<ul style="list-style-type: none"> <li>Recognising &amp; promoting development and behaviour – speech &amp; language, autonomy, self identity, emotional needs, play, socialising</li> <li>Triple P</li> <li>Attachment / relationship based parenting information e.g. Circle of security [18]</li> </ul>	<ul style="list-style-type: none"> <li>Recognising &amp; promoting development and behaviour – speech &amp; language, autonomy, self identity, emotional needs, play, socialising</li> <li>Triple P</li> <li>Attachment / relationship based parenting information e.g. Circle of security [18]</li> </ul>	

Domain	AGE							
	0-4 weeks	2 months	4 months	6 months	12 months	18 months	2.5-3.5 yrs	4-5 yrs
						<ul style="list-style-type: none"> <li>• Playgroup</li> </ul>		
<b>Speech &amp; Language</b>	<ul style="list-style-type: none"> <li>• Stimulating language e.g. looking and talking reading singing playing</li> </ul>	<ul style="list-style-type: none"> <li>• Stimulating language e.g. looking and talking reading singing playing</li> <li>• Encourage babbling</li> </ul>	<ul style="list-style-type: none"> <li>• Stimulating language e.g. looking and talking reading singing playing</li> <li>• Encourage babbling</li> </ul>	<ul style="list-style-type: none"> <li>• Stimulating language e.g. looking and talking reading singing playing</li> <li>• Encourage babbling</li> </ul>	<ul style="list-style-type: none"> <li>• Stimulating language e.g. looking and talking reading singing playing</li> <li>• Encourage production of words</li> </ul>	<ul style="list-style-type: none"> <li>• Stimulating language e.g. talking reading playing</li> <li>• Encourage production of words</li> </ul>	<ul style="list-style-type: none"> <li>• Stimulating language e.g. talking reading playing</li> <li>• Encourage understanding of language</li> </ul>	<ul style="list-style-type: none"> <li>• Stimulating language e.g. talking reading playing</li> <li>• Encourage understanding of language</li> </ul>
<b>Growth &amp; Physical Development</b> [11, 12, 19]	<ul style="list-style-type: none"> <li>• Growth</li> <li>• Promoting age appropriate physical development – e.g. supervised tummy-time / floor play.</li> </ul>	<ul style="list-style-type: none"> <li>• Growth</li> <li>• Promoting age appropriate physical development – e.g. supervised tummy-time / floor play.</li> </ul>	<ul style="list-style-type: none"> <li>• Growth</li> <li>• Promoting age appropriate physical development – e.g. supervised tummy-time / floor play.</li> </ul>	<ul style="list-style-type: none"> <li>• Growth</li> <li>• Promoting age appropriate physical development – e.g. supervised tummy-time / floor play</li> </ul>	<ul style="list-style-type: none"> <li>• Growth</li> <li>• Promoting age appropriate physical development</li> </ul>	<ul style="list-style-type: none"> <li>• Growth</li> <li>• Promoting age appropriate physical development</li> </ul>	<ul style="list-style-type: none"> <li>• Growth</li> <li>• Promoting age appropriate physical development</li> </ul>	<ul style="list-style-type: none"> <li>• Growth</li> <li>• Promoting age appropriate physical development</li> <li>• Planning for prep; GP 4 year check, universal access to 15 hours per week kindergarten or pre-prep programs.</li> </ul>
<b>Family Health &amp; Well-being</b> [8, 20-23]	<ul style="list-style-type: none"> <li>• Maternal mental health e.g. Anxiety /PND (signs &amp; symptoms, and supports</li> </ul>	<ul style="list-style-type: none"> <li>• Maternal mental health e.g. Anxiety /PND (signs &amp; symptoms, and supports</li> </ul>	<ul style="list-style-type: none"> <li>• Maternal mental health e.g. Anxiety /PND (signs &amp; symptoms, and supports</li> </ul>	<ul style="list-style-type: none"> <li>• Maternal mental health e.g. Anxiety /PND (signs &amp; symptoms, and supports</li> </ul>	<ul style="list-style-type: none"> <li>• Maternal mental health e.g. Anxiety /PND (signs &amp; symptoms, and supports</li> </ul>	<ul style="list-style-type: none"> <li>• Maternal mental health e.g. Anxiety /PND (signs &amp; symptoms, and supports</li> </ul>	<ul style="list-style-type: none"> <li>• Parent supports e.g. family, friends</li> <li>• Looking after yourself –</li> </ul>	<ul style="list-style-type: none"> <li>• Parent supports e.g. family, friends</li> <li>• Looking after yourself –</li> </ul>

Domain	AGE							
	0-4 weeks	2 months	4 months	6 months	12 months	18 months	2.5-3.5 yrs	4-5 yrs
	available) [17, 24] <ul style="list-style-type: none"> <li>Adjustment to parenting</li> <li>Parent supports e.g. family, friends</li> <li>Looking after yourself – including; healthy eating sleep physical activity reducing /ceasing smoking [25] alcohol</li> <li>Maternal contraception</li> <li>Normal infant sleep / wake cycles</li> <li>When your child is sick [11]</li> <li>Recommended screening PHR</li> <li>Child health, Allied health and Community supports and services</li> </ul>	available <ul style="list-style-type: none"> <li>Adjustment to parenting</li> <li>Parent supports e.g. family, friends</li> <li>Looking after yourself – including; healthy eating sleep physical activity reducing / ceasing smoking alcohol</li> <li>Maternal contraception</li> <li>Being a family</li> <li>Normal infant sleep / wake cycles</li> <li>When your child is sick</li> <li>Recommended screening PHR</li> <li>Child health, Allied health and Community supports and</li> </ul>	available <ul style="list-style-type: none"> <li>Adjustment to parenting</li> <li>Parent supports e.g. family, friends</li> <li>Looking after yourself – including; healthy eating sleep physical activity reducing / ceasing smoking alcohol</li> <li>Maternal contraception</li> <li>Being a family</li> <li>Normal infant sleep / wake cycles</li> <li>When your child is sick</li> <li>Child health, Allied health and Community supports and services available</li> </ul>	available <ul style="list-style-type: none"> <li>Parent supports e.g. family, friends</li> <li>Looking after yourself – including; healthy eating sleep physical activity reducing / ceasing smoking alcohol</li> <li>Being a family</li> <li>Day night sleep patterns</li> <li>When your child is sick</li> <li>Child health, Allied health and Community supports and services available</li> <li>Returning to paid employment</li> </ul>	available <ul style="list-style-type: none"> <li>Parent supports e.g. family, friends</li> <li>Family time</li> <li>Looking after yourself – including; healthy eating sleep physical activity reducing / ceasing smoking alcohol</li> <li>Night waking</li> <li>Child health, Allied health and community supports and services available</li> </ul>	available <ul style="list-style-type: none"> <li>Parent supports e.g. family, friends</li> <li>Looking after yourself – including; healthy eating sleep physical activity reducing / ceasing smoking alcohol</li> <li>Family time</li> <li>Night waking</li> <li>Bedtime problems</li> <li>Toilet training</li> <li>Child health, Allied health and Community supports and services available</li> </ul>	including; healthy eating sleep physical activity reducing / ceasing smoking alcohol <ul style="list-style-type: none"> <li>Family time</li> <li>Bedtime problems</li> <li>Toddler behaviour e.g. temper tantrums, challenging behaviour</li> <li>Positive Parenting Program (Triple P)</li> <li>Toilet training [26]</li> <li>Child health, Allied health and Community supports and services available</li> </ul>	including; healthy eating sleep physical activity reducing / ceasing smoking alcohol <ul style="list-style-type: none"> <li>Family time</li> <li>Bedtime problems</li> <li>Child behaviour e.g. challenging behaviour</li> <li>Positive Parenting Program (Triple P)</li> <li>Child health, Allied health and Community supports and services available</li> </ul>

Domain	AGE							
	0-4 weeks	2 months	4 months	6 months	12 months	18 months	2.5-3.5 yrs	4-5 yrs
	available	services available						
<b>Injury prevention</b> [1, 11, 21, 27-29]	<ul style="list-style-type: none"> <li>• Sudden Unexpected Death in Infancy[30]</li> <li>• Never shake baby</li> <li>• Supervised floor play (in a safe environment) [12]</li> <li>• Falls</li> <li>• Car restraints</li> <li>• Never leave infant unattended in a car</li> <li>• Scalds</li> <li>• Water safety – infant bathing</li> <li>• Safe medication administration</li> <li>• Home safety – inside &amp; outside e.g. smoke alarms,</li> </ul>	<ul style="list-style-type: none"> <li>• Sudden Unexpected Death in Infancy[30]</li> <li>• Never shake baby</li> <li>• Supervised floor play (in a safe environment) [12]</li> <li>• Falls</li> <li>• Choking</li> <li>• Car restraints</li> <li>• Never leave infant unattended in a car</li> <li>• Scalds</li> <li>• Water safety – infant bathing</li> <li>• Safe medication administration</li> <li>• Choking</li> <li>• Home safety – inside &amp; outside e.g. smoke alarms,</li> <li>• Safe medication administration</li> <li>• Home safety – inside &amp;</li> </ul>	<ul style="list-style-type: none"> <li>• Sudden Unexpected Death in Infancy[30]</li> <li>• Never shake baby</li> <li>• Supervised floor play (in a safe environment) [12]</li> <li>• Falls</li> <li>• Choking</li> <li>• Car restraints</li> <li>• Never leave infant unattended in a car</li> <li>• Scalds</li> <li>• Water safety – infant bathing</li> <li>• Safe medication administration</li> <li>• Choking</li> <li>• Home safety – inside &amp; outside e.g. smoke alarms, child proof cabinets / draws, curtain /</li> </ul>	<ul style="list-style-type: none"> <li>• Sudden Unexpected Death in Infancy[30]</li> <li>• Never shake baby</li> <li>• Supervised floor play (in a safe environment) [12]</li> <li>• Falls</li> <li>• Choking</li> <li>• Car restraints</li> <li>• Never leave infant unattended in a car</li> <li>• Scalds</li> <li>• Water safety – infant bathing</li> <li>• Safe medication administration &amp; storage</li> <li>• Home safety – inside &amp; outside e.g. smoke alarms, child proof cabinets / draws, curtain /</li> </ul>	<ul style="list-style-type: none"> <li>• Sudden Unexpected Death in Infancy[30]</li> <li>• Never shake baby</li> <li>• Supervised play in a safe environment</li> <li>• Falls</li> <li>• Choking</li> <li>• Car restraints</li> <li>• Never leave infant unattended in a car</li> <li>• Burns &amp; scalds</li> <li>• Drowning</li> <li>• Poisoning</li> <li>• Safe medication administration &amp; storage</li> <li>• Home safety – inside &amp; outside e.g. smoke alarms, child proof cabinets / draws, curtain / blind cords, nursery</li> </ul>	<ul style="list-style-type: none"> <li>• Supervised play in a safe environment</li> <li>• Falls</li> <li>• Choking</li> <li>• Car restraints</li> <li>• Never leave toddler unattended in a car</li> <li>• Burns &amp; scalds</li> <li>• Drowning</li> <li>• Poisoning</li> <li>• Safe medication administration &amp; storage</li> <li>• Home safety – inside &amp; outside e.g. smoke alarms, child proof cabinets / draws, curtain / blind cords, nursery furniture, toys,</li> </ul>	<ul style="list-style-type: none"> <li>• Provide a safe play environment with supervision appropriate for age &amp; stage of development</li> <li>• Car restraints</li> <li>• Never leave child unattended in a car</li> <li>• Burns &amp; scalds</li> <li>• Drowning</li> <li>• Poisoning</li> <li>• Safe medication administration &amp; storage</li> <li>• Home safety – inside &amp; outside e.g. smoke alarms, child proof cabinets / draws, curtain / blind cords,</li> </ul>	<ul style="list-style-type: none"> <li>• Provide a safe play environment with supervision appropriate for age &amp; stage of development</li> <li>• Car restraints</li> <li>• Never leave child unattended in a car</li> <li>• Burns &amp; scalds</li> <li>• Drowning</li> <li>• Poisoning</li> <li>• Safe medication administration &amp; storage</li> <li>• Home safety – inside &amp; outside e.g. smoke alarms, child proof cabinets / draws, curtain / blind cords,</li> </ul>

Domain	AGE							
	0-4 weeks	2 months	4 months	6 months	12 months	18 months	2.5-3.5 yrs	4-5 yrs
<b>Injury prevention</b> [1, 11, 21, 27-29]	nursery furniture • Clothing • Pets	outside e.g. smoke alarms, nursery furniture • Clothing • Pets	blind cords, nursery furniture, toys, covers for power points • Clothing • Pets	blind cords, nursery furniture, toys, covers for power points • Clothing • Pets	furniture, toys, covers for power points • Low speed driveway run-over • Pets • Clothing	covers for power points • Low speed driveway run-over • Pets	toys, trampoline, pedal / push cars • Low speed driveway run-over • Pets	toys, trampoline, bikes • Low speed driveway run-over • Pets
<b>Sun Safety</b> [31]	• Avoid sun exposure as much as possible in infants under 2 years of age • Use sun protection methods <b>whenever outside:</b> Seek shade Wear protective clothing	• Avoid sun exposure as much as possible in infants under 2 years of age • Use sun protection methods <b>whenever outside:</b> Seek shade Wear protective clothing	• Avoid sun exposure as much as possible in infants under 2 years of age • Use sun protection methods <b>whenever outside:</b> Seek shade Wear protective clothing	• Avoid sun exposure as much as possible in infants under 2 years of age • Use sun protection methods <b>whenever outside:</b> Seek shade Wear protective clothing	• Avoid sun exposure as much as possible in infants under 2 years of age • Use sun protection methods <b>whenever outside:</b> Seek shade Wear protective clothing	• Avoid sun exposure as much as possible in infants under 2 years of age • Use sun protection methods <b>whenever outside:</b> Seek shade Wear protective clothing Wear a broad brimmed hat Use SPF 30+ sunscreen (apply 20 minutes before going outside and reapply every 2 hours)	• Avoid sun exposure as much as possible in infants under 2 years of age • Use sun protection methods <b>whenever outside:</b> Seek shade Wear protective clothing Wear a broad brimmed hat Use SPF 30+ sunscreen (apply 20 minutes before going outside and every 2 hours)	• Avoid sun exposure as much as possible in infants under 2 years of age • Use sun protection methods <b>whenever outside:</b> Seek shade Wear protective clothing Wear a broad brimmed hat Use SPF 30+ sunscreen (apply 20 minutes before going outside and every 2 hours)

Domain	AGE							
	0-4 weeks	2 months	4 months	6 months	12 months	18 months	2.5-3.5 yrs	4-5 yrs
Sun Safety [31]						Consider using sunscreen for toddlers or sensitive skin	Consider using sunscreen for toddlers or sensitive skin	Consider using sunscreen for toddlers or sensitive skin
Oral Health [32, 33]	<ul style="list-style-type: none"> <li>Follow recommended dietary guidelines for Infant feeding [10]</li> <li><i>Do Not</i> put flavourings on pacifiers</li> <li>Bacteria can be transferred from adults mouth to infants – via pacifiers / teats</li> </ul>	<ul style="list-style-type: none"> <li>Follow recommended dietary guidelines for Infant feeding [10]</li> <li><i>Do Not</i> put flavourings on pacifiers</li> <li>Bacteria can be transferred from adults mouth to infants – via pacifiers / teats</li> </ul>	<ul style="list-style-type: none"> <li>Follow recommended dietary guidelines for Infant feeding [10]</li> <li><i>Do Not</i> put flavourings on pacifiers</li> <li>Care for teeth once erupted - cleaning twice a day</li> <li>Bacteria can be transferred from adults mouth to infants – via pacifiers / teats/ spoons</li> </ul>	<ul style="list-style-type: none"> <li>Follow recommended dietary guidelines for Infant feeding [10]</li> <li><i>Do Not</i> put flavourings on pacifiers</li> <li>Care for teeth once erupted - cleaning twice a day</li> <li>Bacteria can be transferred from adults mouth to infants – via pacifiers / teats/ spoons</li> </ul>	<ul style="list-style-type: none"> <li>Follow recommended dietary guidelines [10]</li> <li>Use appropriate size toothbrush</li> <li>Use low fluoride toothpaste until child is 6 years of age</li> </ul>	<ul style="list-style-type: none"> <li>Follow recommended dietary guidelines [10]</li> <li>Attend first dental check following the infants first birthday</li> <li>Use appropriate size toothbrush</li> <li>Use low fluoride toothpaste until child is 6 years of age</li> </ul>	<ul style="list-style-type: none"> <li>Follow recommended dietary guidelines [10]</li> <li>Use appropriate size toothbrush</li> <li>Use low fluoride toothpaste until child is 6 years of age</li> </ul>	<ul style="list-style-type: none"> <li>Follow recommended dietary guidelines [10]</li> <li>Supervise tooth brushing until child is 8 years of age</li> <li>Use appropriate size toothbrush</li> <li>Use low fluoride toothpaste until child is 6 years of age</li> </ul>
Immunisation [5, 34, 35]	<ul style="list-style-type: none"> <li>Immunisation schedule as per the NIPS</li> <li>Tuberculosis for infants at risk – see Appendix B for details of the Tuberculosis Control Program website</li> </ul>	<ul style="list-style-type: none"> <li>2 month vaccines due as per the NIPS</li> <li><b>2month Immunisation schedule can commence from 6 weeks</b></li> </ul>	<ul style="list-style-type: none"> <li>4 month vaccines due as per the NIPS</li> </ul>	<ul style="list-style-type: none"> <li>6 month vaccines due as per the NIPS</li> </ul>	<ul style="list-style-type: none"> <li>12 month vaccines due as per the NIPS</li> </ul>	<ul style="list-style-type: none"> <li>18 month vaccines due as per the NIPS</li> </ul>		<ul style="list-style-type: none"> <li>4 year vaccines due as per the NIPS <b>vaccines can be given from 3 years 6 months</b></li> </ul>



Domain	AGE								
	0-4 weeks	2 months	4 months	6 months	12 months	18 months	2.5-3.5 yrs	4-5 yrs	
	<p>Parents, grandparents and other adults living in the same household as an infant under 6 months of age should ensure they have received a pertussis (Whooping cough) booster vaccination [5]</p>								
	<p>■ <b>Additional vaccines for Aboriginal &amp; Torres Strait Islander children living in high risk areas</b></p> <p>● <b>Additional vaccines for high risk children</b></p> <p><i>Refer to the Australian Immunisation Handbook[35] for a complete list of vaccinations (see appendix 2 - resource list for electronic links)</i></p>				<p>● 12 months Pneumococcal vaccine <i>Refer to Australian Immunisation Handbook for eligibility [35]</i></p>		<p>■ 18 months Hepatitis A</p>	<p>■ 24 months Hepatitis A</p> <p>■ 18-24 months Pneumococcal</p>	<p>● 4 years Pneumococcal vaccine <i>Refer to Australian Immunisation Handbook for eligibility [35]</i></p>
<p><b>Infectious Diseases [36]</b></p>	<ul style="list-style-type: none"> <li>Provide information regarding management &amp; prevention of infectious diseases e.g. hand washing</li> <li>Direct parent/s and or carer/s to evidence-based information</li> </ul>	<ul style="list-style-type: none"> <li>Provide information regarding management &amp; prevention of infectious diseases e.g. hand washing</li> <li>Direct parent/s and or carer/s to evidence-based information</li> </ul>	<ul style="list-style-type: none"> <li>Provide information regarding management &amp; prevention of infectious diseases e.g. hand washing</li> <li>Direct parent/s and or carer/s to evidence-based information</li> </ul>	<ul style="list-style-type: none"> <li>Provide information regarding management &amp; prevention of infectious diseases e.g. hand washing</li> <li>Direct parent/s and or carer/s to evidence-based information</li> </ul>	<ul style="list-style-type: none"> <li>Provide information regarding management &amp; prevention of infectious diseases e.g. hand washing</li> <li>Direct parent/s and or carer/s to evidence-based information</li> </ul>	<ul style="list-style-type: none"> <li>Provide information regarding management &amp; prevention of infectious diseases e.g. hand washing</li> <li>Direct parent/s and or carer/s to evidence-based information</li> </ul>	<ul style="list-style-type: none"> <li>Gerbusters Program (refer to appendix 2)</li> <li>Provide information regarding exclusion times from childcare, prep / school for communicable diseases</li> </ul>	<ul style="list-style-type: none"> <li>Gerbusters Program (refer to appendix 2)</li> <li>Provide information regarding exclusion times from childcare, prep / school for communicable diseases</li> </ul>	

Health Promotion		Resources
<b>Nutrition</b>	<p><b>Breastfeeding</b></p> <ul style="list-style-type: none"> <li>• Encourage and support exclusive breastfeeding until around six months [10]</li> <li>• Encourage breastfeeding with appropriate solids to 12 months and beyond [10]</li> <li>• Anticipatory breastfeeding topics for discussion:                             <ul style="list-style-type: none"> <li>○ Attachment</li> <li>○ Demand feeding</li> <li>○ Signs of good milk supply (normal elimination, normal growth, 8-12 breastfeeds per day) [11]</li> <li>○ Expressing - storage &amp; transportation of EBM</li> <li>○ Help Lines</li> <li>○ Resources</li> </ul> </li> </ul> <p><b>Bottle feeding</b></p> <ul style="list-style-type: none"> <li>• If not breastfeeding or partially breastfeeding infant formula should be used until 12 months of age [10]</li> <li>• Cows milk should <u>not</u> be given as a drink until 12 months of age [10] Cows milk should replace formula at 12 months. Toddler milks are not required.</li> <li>• Anticipatory formula feeding topics for discussion:                             <ul style="list-style-type: none"> <li>○ Preparation of artificial infant formula (using cooled boiled water)[10]</li> <li>○ Cleaning and sterilising equipment, storage, heating (no microwaving) [11]</li> <li>○ How much artificial infant formula to give [11]</li> <li>○ How to feed</li> <li>○ Signs your infant is getting enough milk (normal elimination, normal growth) [11]</li> <li>○ Help Lines</li> <li>○ Resources</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Breastfeeding information for health professionals and consumers (including the Qld Health Breastfeeding Policy) – available at <a href="http://www.health.qld.gov.au/breastfeeding">www.health.qld.gov.au/breastfeeding</a></li> <li>• Breastfeeding and Your Baby guides – available at <a href="http://www.health.qld.gov.au/breastfeeding/bf_duration.asp">www.health.qld.gov.au/breastfeeding/bf_duration.asp</a></li> <li>• Child Health Information Booklet ( within infants PHR) [11] <a href="http://gheps.health.qld.gov.au/cyhu/info_booklet.htm">http://gheps.health.qld.gov.au/cyhu/info_booklet.htm</a></li> <li>• Child Health Information Fact Sheets - available at <a href="http://www.health.qld.gov.au/child-youth/">www.health.qld.gov.au/child-youth/</a></li> <li>• Child Health Fact Sheets in different languages - available at <a href="http://www.health.qld.gov.au/multicultural/public/child_hlth.asp">www.health.qld.gov.au/multicultural/public/child_hlth.asp</a></li> <li>• A healthy start in life <a href="http://www.health.qld.gov.au/healthieryou/healthystartinlife.asp">http://www.health.qld.gov.au/healthieryou/healthystartinlife.asp</a></li> <li>• Growing Strong <a href="http://www.health.qld.gov.au/ph/documents/hpu/growing_strong.asp">http://www.health.qld.gov.au/ph/documents/hpu/growing_strong.asp</a></li> <li>• 13 HEALTH 13 43 25 84 (24 hr health information phone line)</li> <li>• Lactation Consultants of Australia and New Zealand <a href="http://www.lcanz.org">www.lcanz.org</a></li> <li>• ABA Breastfeeding Helpline 1800 mum 2 mum (1800 686 2 686) <a href="http://www.breastfeeding.asn.au">www.breastfeeding.asn.au</a></li> </ul>

Health Promotion		Resources
<b>Nutrition</b>	<p><b>Introducing solid foods / around 6 months</b></p> <ul style="list-style-type: none"> <li>• At around 6 months to support healthy growth infants need solid foods in addition to breastmilk / artificial infant formula [10]</li> <li>• Signs of readiness to commence solid foods:                             <ul style="list-style-type: none"> <li>○ Infant can sit with head steady</li> <li>○ Can move food from front to back of mouth and swallow</li> <li>○ Shows interest in food</li> </ul> </li> <li>• Start with an iron rich food (infant rice cereal or pureed meat). Other foods can be introduced in any order one at a time.</li> <li>• Try one new food at a time and wait 2-3 days for signs of a reaction (rashes, vomiting or diarrhoea). Do not delay or avoid potentially allergenic foods e.g. egg, nuts, milk, fish [37]</li> <li>• Move from smooth to lumpy solids and from after to before a breast / artificial formula feed as intake increases.</li> <li>• Cooled boiled water, expressed breastmilk or infant formula can be offered from a cup.</li> <li>• Encourage trying new foods and providing a variety of foods to prevent fussy eating. Retry foods refused. Amount of food the infant needs will vary - Be guided by the infant; don't force feed (monitoring growth as a guide).</li> </ul> <p><b>Family foods / 12 months and beyond</b></p> <ul style="list-style-type: none"> <li>• Continue breastfeeding - infant formula can be replaced by full cream milk. Toddler milks are not required.</li> <li>• Small regular meals based on family foods - modify texture as required e.g. cut up meat, finger foods</li> <li>• Provide a variety of foods but do not bribe or offer treats' to force the toddler / child to eat or finish all their food.</li> <li>• Avoid sugary or high fat foods e.g. lollies, chips, biscuits, fried takeaway</li> <li>• Encourage water to drink and avoid sugary drinks e.g. cordial, soft drinks, fruit juice.</li> </ul>	<ul style="list-style-type: none"> <li>• Raising Children's Network <a href="http://www.raisingchildren.net.au">www.raisingchildren.net.au</a></li> <li>• Fun not fuss with food <a href="http://www.health.qld.gov.au/ph/documents/saphs/27484.pdf">www.health.qld.gov.au/ph/documents/saphs/27484.pdf</a></li> <li>• Get Up and Grow <a href="http://www.health.gov.au/internet/main/publishing.nsf/Content/phd-early-childhood-nutrition-resources">www.health.gov.au/internet/main/publishing.nsf/Content/phd-early-childhood-nutrition-resources</a></li> <li>• Nutritional Education Materials Online (NEMO) <a href="http://www.health.qld.gov.au/nutrition/nemo_paeds.asp">http://www.health.qld.gov.au/nutrition/nemo_paeds.asp</a></li> </ul>

Health Promotion	Resources
<p><b>Physical Activity &amp; Screen Time</b></p>	<ul style="list-style-type: none"> <li>• <b>For healthy development in infants’ (birth - 1 year) physical activity - particularly supervised floor - based play in safe environments - should be encouraged from birth [38]</b></li> <li>• Daily free movement will help infants’                         <ul style="list-style-type: none"> <li>○ Keep their body and mind active</li> <li>○ Develop their senses, often through natural curiosity</li> <li>○ Develop good posture, strength and balance</li> <li>○ Make them feel happy, loved and safe</li> <li>○ Develop language and communication skills</li> <li>○ Teach them about their body and the world around them</li> <li>○ Encourage interaction with others</li> </ul> </li> <li>• Physical activity before infants’ can walk involves providing infants’ with time, daily, to move around on their stomach and back in a variety of safe environments without being constrained by wraps or clothing. It also involves practising movements such as pulling, grasping, reaching, pushing and playing with other people, objects and toys. Help your infant get comfortable with the world around them and let them play outside (appropriately supervised). It will introduce them to the sounds, sights and touch of the outdoor environment.</li> <li>• <b>Toddlers (1-3 years) and Pre-schoolers (3-5 years) should be physically active every day for at least three hours, spread throughout the day [12]</b> . Young children don’t need to do their three hours of physical activity all at once. It can be accumulated throughout the day and can include light activity like standing up, moving around and playing as well as more vigorous activity like running and jumping. Active play is the best way for young children to be physically active.</li> <li>• <b>Infants’, toddlers and pre-schoolers should not be sedentary, restrained, or kept inactive, for more than one hour at a time, with the exception of sleeping [12]</b></li> <li>• <b>No screen - time i.e. television, DVD’s, computer, for children &lt; than 2 years of age [12]</b></li> <li>• Why no screen - time for &lt; 2 years of age?                         <ul style="list-style-type: none"> <li>○ It may reduce the amount of time the infant has for active play, social interaction with others and opportunities for language development</li> <li>○ It may affect the development of a full range of eye movement</li> <li>○ It may reduce the length of time they can stay focused</li> </ul> </li> <li>• <b>Children 2-5 years of age screen - time should be limited to &lt;1 hour per day</b></li> <li>• All children need some ‘down time’ but they are not naturally inactive for long periods of time.</li> </ul>

Health Promotion		Resources
	Development	
<b>Social / Emotional</b>	<ul style="list-style-type: none"> <li>• Maternal - infant / family relationships are the basis of an infant's early emotional health and development, they influence cognitive development and learning, and, can influence how infants learn to interact and relate to others [15]</li> <li>• Infants' are best able to express and regulate their emotions when their mother (primary care giver) is sensitive and responsive to their needs [15]</li> <li>• Encourage parents to understand and interpret their baby's non verbal cues and respond to these.</li> <li>• Provide parent/s / carer/s with evidence-based resources and supports to promote developing healthy attachment relationships.</li> </ul>	<ul style="list-style-type: none"> <li>• Queensland Centre for Perinatal and Infant Mental Health (QCPIMH) <a href="http://www.health.qld.gov.au/qcpimh/default.asp">http://www.health.qld.gov.au/qcpimh/default.asp</a> [17]</li> <li>• DVD "Getting to Know You: recognising infant communication and social interaction" <a href="http://www.nswiop.nsw.edu.au/">http://www.nswiop.nsw.edu.au/</a> [39]</li> <li>• DVD "Hello Everyone" – helps parents understand the communication &amp; social interaction of their infants aged 4 – 16 months <a href="http://www.nswiop.nsw.edu.au/">http://www.nswiop.nsw.edu.au/</a> [40]</li> <li>• Parenting and Child Health website - Attachment <a href="http://www.cyh.com/HealthTopics/HealthTopicDetails.aspx?p=114&amp;np=99&amp;id=1931">http://www.cyh.com/HealthTopics/HealthTopicDetails.aspx?p=114&amp;np=99&amp;id=1931</a></li> <li>• Raising Children Network - Connecting &amp; Communicating <a href="http://www.raisingchildren.net.au">www.raisingchildren.net.au</a></li> <li>• Playgroup Queensland <a href="http://www.playgroupaustralia.com.au/qld/">http://www.playgroupaustralia.com.au/qld/</a></li> <li>• Red Flags Early Intervention Guide for Children 0-5 Years <a href="http://qheps.health.qld.gov.au/rch/CCHS/cchsresources.htm">http://qheps.health.qld.gov.au/rch/CCHS/cchsresources.htm</a></li> <li>• Zero to Three website available from <a href="http://www.zerotothree.org/">www.zerotothree.org/</a></li> </ul>
<b>Speech &amp; Language</b>	<ul style="list-style-type: none"> <li>• Provide parent/s / carer/s with strategies to stimulate their infant's language / speech development</li> <li>• Provide appropriate evidence-based resources to promote speech and language development [1]</li> </ul>	<ul style="list-style-type: none"> <li>• 'Move Baby Move' publication <a href="http://www.communities.qld.gov.au/sportrec/publications/index.page">http://www.communities.qld.gov.au/sportrec/publications/index.page</a></li> <li>• Growth &amp; Development - Community Child Health Service <a href="http://www.health.qld.gov.au/cchs/default.asp">http://www.health.qld.gov.au/cchs/default.asp</a></li> <li>• Child Health Information fact sheets <a href="http://www.health.qld.gov.au/child-youth/default.asp">http://www.health.qld.gov.au/child-youth/default.asp</a></li> <li>• Red Flags Early Intervention Guide for Children 0-5 Years <a href="http://qheps.health.qld.gov.au/rch/CCHS/cchsresources.htm">http://qheps.health.qld.gov.au/rch/CCHS/cchsresources.htm</a></li> </ul>

Health Promotion		Resources
<p><b>Growth &amp; Physical Development</b></p>	<ul style="list-style-type: none"> <li>• Provide parent/s and or carer with strategies to promote / encourage infant / child development</li> <li>• When responding to a parent/s and or carer questions regarding their infant / child’s growth and development take the opportunity to provide additional appropriate anticipatory health promotion.</li> <li>• Inform parent/s and or carer of available services / supports i.e. Child Health, Allied Health or Community supports / services, and how to access services.</li> <li>• Provide appropriate evidence-based resources [1]</li> </ul>	<ul style="list-style-type: none"> <li>• Child Health Information:: Your Guide to the First 12 Months Booklet [11] <a href="http://qheps.health.qld.gov.au/cyhu/info_booklet.htm">http://qheps.health.qld.gov.au/cyhu/info_booklet.htm</a></li> <li>• Get Up &amp; Grow [12] <a href="http://www.health.qld.gov.au/health_professionals/childrens_health/getup&amp;grow.asp">http://www.health.qld.gov.au/health_professionals/childrens_health/getup&amp;grow.asp</a></li> <li>• ‘Move Baby Move’ publication <a href="http://www.communities.qld.gov.au/sportrec/publications/index.page">http://www.communities.qld.gov.au/sportrec/publications/index.page</a></li> <li>• Growth chart within infant / child’s PHR</li> <li>• Red Flags Early Intervention Guide for Children 0-5 Years <a href="http://qheps.health.qld.gov.au/rch/CCHS/cchsresources.htm">http://qheps.health.qld.gov.au/rch/CCHS/cchsresources.htm</a></li> <li>• Growth &amp; Development - Community Child Health Service <a href="http://www.health.qld.gov.au/cchs/default.asp">http://www.health.qld.gov.au/cchs/default.asp</a></li> <li>• Child Health Information fact sheets <a href="http://www.health.qld.gov.au/child-youth/default.asp">http://www.health.qld.gov.au/child-youth/default.asp</a></li> <li>• A healthy start in life <a href="http://www.health.qld.gov.au/healthiyou/healthystartinlife.asp">http://www.health.qld.gov.au/healthiyou/healthystartinlife.asp</a></li> </ul>
<p><b>Family Health &amp; Well - Being</b></p>	<ul style="list-style-type: none"> <li>• Inform parent/s and or carer of Child Health and Community groups available e.g. Playgroup, New Parents Group, Parenting Programs e.g. Positive Parenting Program - Triple P.</li> <li>• Inform parent/s and or carer of Child Health, Allied Health and community services available e.g. Perinatal mental health services, Social worker, Early Intervention specialist, Parenting Programs e.g. Triple P, phone line supports</li> <li>• Poor maternal mental health can affect a mother’s responsiveness and sensitivity during interaction with her infant which can significantly influence an infants health, well-being and development, both in the short and long term [15, 17, 24] - discuss maternal feelings with mother’s and father’s and provide appropriate evidenced-based resources, offer mother referral for mental health</li> </ul>	<ul style="list-style-type: none"> <li>• Queensland Centre for Perinatal and Infant Mental Health (QCPIMH) <a href="http://www.health.qld.gov.au/qcpimh/default.asp">http://www.health.qld.gov.au/qcpimh/default.asp</a> [17]</li> <li>• Beyondblue <a href="http://www.beyondblue.org.au/">http://www.beyondblue.org.au/</a></li> <li>• Downloadable beyondblue Information resources – including Postnatal Depression Fact sheet <a href="http://www.beyondblue.org.au/index.aspx?link_id=7.980">http://www.beyondblue.org.au/index.aspx?link_id=7.980</a></li> <li>• A healthy start to life: a nutrition manual for health professionals[8]</li> <li>• Growing Strong: Feeding you and your baby [9] (Aboriginal and Torres Strait Islander resource)</li> <li>• 13 HEALTH 13 43 25 84 (24 hr health information phone line)</li> <li>• Child and Youth Health Practice Manual [1, 27]</li> </ul>

Health Promotion		Resources
	<p>assessment and further support as indicated / appropriate.</p> <ul style="list-style-type: none"> <li>• Discuss family / friend / community supports available to the family</li> <li>• Respond to parent/s and or carer concerns regarding infant / child sleep, inform of services / resources available and offer further support as indicated.</li> <li>• Inform parent/s and or carer of services available to enhance family health and wellbeing.</li> </ul>	<ul style="list-style-type: none"> <li>• Smoking Quitline 13 QUIT <b>13 7848</b></li> <li>• South Australia Parenting and Child Health website <a href="http://www.cyh.com">www.cyh.com</a></li> <li>• Raising Children Network <a href="http://www.raisingchildren.net.au">www.raisingchildren.net.au</a></li> <li>• Tresillian <a href="http://www.tresillian.net/">http://www.tresillian.net/</a></li> <li>• Parentline <b>1300 30 1300</b> <a href="http://www.parentline.com.au">www.parentline.com.au</a></li> <li>• Family Planning Queensland <a href="http://www.fpq.com.au">www.fpq.com.au</a></li> </ul>
<b>Injury Prevention</b>	<ul style="list-style-type: none"> <li>• Infants', toddlers and children (0-4) are dependant on parents and or carers for their safety, as they are able to explore their environments before they develop the knowledge and understanding of the hazards and skills to respond to risks [29]</li> <li>• Most injuries are predictable and preventable [41]</li> <li>• Injury prevention and safety promotion information provided to parent/s and carer/s needs to be age and developmentally appropriate e.g. poisoning is linked to the grasping and drinking behaviour of children aged 1-3years. [27, 42, 43]</li> <li>• Promote safe sleeping practices, provide information in line with the current Policy Statement and Guidelines [30]</li> <li>• Increase parent/s and or carer/s awareness of important unintentional injuries e.g. road traffic and driveway injuries, drowning, burns, falls and poisoning [42]</li> <li>• Inform parent/s and or carer/s how to modify their infants/child's environment to promote; safe play, exploration and learning [1]</li> <li>• Inform and provide parent/s / carer/s of available home safety and hazard identification checklist tools e.g. Mission Possible home safety checklist [44]</li> <li>• Inform parent/s / carer/s of their legal requirements e.g. pool fencing, child restraints in vehicles</li> </ul>	<ul style="list-style-type: none"> <li>• Safe Infant Care to Reduce the Risk of Sudden Unexpected Deaths in Infancy – Policy Statement and Guidelines [30] <a href="http://www.health.qld.gov.au/ghpolicy/docs/pol/gh-pol-082.pdf">http://www.health.qld.gov.au/ghpolicy/docs/pol/gh-pol-082.pdf</a></li> <li>• SIDS and Kids <a href="http://sidsandkids.org/">http://sidsandkids.org/</a></li> <li>• Safe Infant Sleeping <a href="http://qheps.health.qld.gov.au/cyhu/safe_infant_sleep.htm">http://qheps.health.qld.gov.au/cyhu/safe_infant_sleep.htm</a></li> <li>• Child Health Information: Your Guide to the First 12 Months Booklet [11] <a href="http://qheps.health.qld.gov.au/cyhu/info_booklet.htm">http://qheps.health.qld.gov.au/cyhu/info_booklet.htm</a></li> <li>• Child Injury Prevention website <a href="http://www.health.qld.gov.au/chipp/default.asp">http://www.health.qld.gov.au/chipp/default.asp</a></li> <li>• Child Safety at Home: Mission Possible [44] <a href="http://www.health.qld.gov.au/chipp/child_safety/default.asp">http://www.health.qld.gov.au/chipp/child_safety/default.asp</a></li> <li>• Child and Youth Health Practice Manual Section 3 [27]</li> <li>• Poisons Information Centre <b>13 11 26</b> (24 hr advice on poisonings, bites and stings)</li> <li>• The child accident prevention foundation of Australia: Kidsafe <a href="http://www.kidsafe.com.au/">http://www.kidsafe.com.au/</a></li> </ul>

Health Promotion		Resources
	<ul style="list-style-type: none"> <li>Inform parent/s / carer/s of safety considerations when purchasing products e.g. child restraints, cots, prams</li> <li>Provide appropriate evidence-based information that meets current guidelines [1]</li> </ul>	
<b>Sun Safety</b>	<ul style="list-style-type: none"> <li>Discuss therapeutic sun exposure myths e.g. placing the infant in direct sunlight to treat jaundice and nappy rash, and, using sunlight to treat cracked nipples [1]</li> <li>Research indicates that childhood sun and associated UV radiation exposure is an important contributing factor to the development of skin cancer in later life.</li> <li>It is important to minimize childhood exposure to direct and reflected sunlight, this can be achieved by avoiding exposure to sun as much as possible for infants under the age of 2 years and using appropriate sun protection methods for all children whenever they are outdoors.</li> <li>Consistent and routine use of sun protection methods by parents and carers ensures that sun safety becomes a habit that starts in childhood and continues throughout an individual's life.</li> <li>Provide appropriate evidence-based information and resources that meet current guidelines [1]</li> </ul>	<ul style="list-style-type: none"> <li>Sun Safety website <a href="http://www.sunsafety.qld.gov.au">http://www.sunsafety.qld.gov.au</a></li> <li>Cancer Council Australia – Be Sun Smart <a href="http://www.cancer.org.au/Healthprofessionals/patientfactsheets/Lifestyle/Be_sunsmart.htm">http://www.cancer.org.au/Healthprofessionals/patientfactsheets/Lifestyle/Be_sunsmart.htm</a></li> </ul>
<b>Oral Health</b>	<ul style="list-style-type: none"> <li>Most oral health diseases are preventable.</li> <li>Promote and educate children, parent/s and or carer/s regarding oral health care practices – provide resources including audiovisual information [45] [46]</li> <li>Encourage parent/s and or carer/s to follow nutritional guidelines [1, 10]</li> <li>Commence cleaning infant's teeth as soon as they erupt.</li> <li>Provide oral health promotion to young children i.e. give developmentally appropriate oral health care messages and resources [1, 33] - praise young children for good oral health care</li> </ul>	<ul style="list-style-type: none"> <li>Oral Health website <a href="http://www.health.qld.gov.au/oralhealth/default.asp">http://www.health.qld.gov.au/oralhealth/default.asp</a></li> <li>Happy Teeth Program; Healthy Teeth for life <a href="http://www.health.qld.gov.au/oralhealth/promo_programs/default.asp">http://www.health.qld.gov.au/oralhealth/promo_programs/default.asp</a></li> <li>Healthy Teeth for life DVD[46]</li> </ul>



Health Promotion		Resources
	<p>practices.</p> <ul style="list-style-type: none"> <li>• A consistent and routine oral health care practice by parents and carers lays the foundation for future oral health care practices, and longer term well being [1]</li> <li>• Inform parent/s and or carer/s of available oral health services, and recommend they seek professional advice if they have any concerns.</li> <li>• Provide appropriate evidence-based information and resources that meet current guidelines [1]</li> </ul>	<ul style="list-style-type: none"> <li>• Child Health Information:: Your Guide to the First 12 Months Booklet [11] <a href="http://qheps.health.qld.gov.au/cyhu/info_booklet.htm">http://qheps.health.qld.gov.au/cyhu/info_booklet.htm</a></li> </ul>
<b>Immunisation &amp; Infectious Diseases</b>	<ul style="list-style-type: none"> <li>• Immunisation provides protection against disease [47]</li> <li>• Inform parent/s and or carer/s of the National Immunisation Program Schedule and venues where their infant/child can be vaccinated.</li> <li>• Provide appropriate evidence-based information and direct parent/s and or carer/s to appropriate resources to access further information[1, 5]</li> <li>• Inform parent/s and or carer/s of any additional vaccines recommended e.g. if their child is medically at risk, or identifies as Aboriginal or Torres Strait Islander, to avoid potentially missing vaccines due to NIPS changes[35]</li> <li>• Inform parent/s and or carer/s of additional vaccines recommended for parent/s, carer/s and family members e.g. Pertussis vaccine [34]</li> <li>• Provide information regarding management &amp; prevention e.g. hand washing, of infectious diseases, including exclusion times from childcare / prep.</li> </ul>	<ul style="list-style-type: none"> <li>• The Australian Immunisation Handbook 9<sup>th</sup> Edition [35] <a href="http://www.immunise.health.gov.au/internet/immunise/publishing.nsf/Content/Handbook-home">http://www.immunise.health.gov.au/internet/immunise/publishing.nsf/Content/Handbook-home</a></li> <li>• Immunise Australia Program website [47] <a href="http://www.immunise.health.gov.au/">http://www.immunise.health.gov.au/</a></li> <li>• Immunise Australia Program Information Line <b>1800 671 811</b></li> <li>• National Immunisation Program Schedule <a href="http://www.immunise.health.gov.au/internet/immunise/publishing.nsf/Content/nips2">http://www.immunise.health.gov.au/internet/immunise/publishing.nsf/Content/nips2</a></li> <li>• Immunisation fact sheets <a href="http://access.health.qld.gov.au/hid/ChildHealth/Immunisation/index.asp">http://access.health.qld.gov.au/hid/ChildHealth/Immunisation/index.asp</a></li> <li>• Gembusters program <a href="http://www.health.qld.gov.au/gembusters/">http://www.health.qld.gov.au/gembusters/</a></li> <li>• Communicable Disease Control Guidance <a href="http://www.health.qld.gov.au/cdcg/default.asp">http://www.health.qld.gov.au/cdcg/default.asp</a></li> <li>• Communicable Diseases: a guide for health professionals <a href="http://www.health.qld.gov.au/health_professionals/diseases/default.asp">http://www.health.qld.gov.au/health_professionals/diseases/default.asp</a></li> </ul>

Health Promotion		Resources
Additional Resources	Parent/s and or carer/s with low literacy and/or learning difficulties [1, 48]	<ul style="list-style-type: none"> <li>• Healthy Start <a href="http://www.healthystart.net.au/">http://www.healthystart.net.au/</a></li> <li>• Child and Youth Health Practice Manual section 2 [1]</li> </ul>
	Rural, remote and Aboriginal & Torres Strait Islander communities	<ul style="list-style-type: none"> <li>• Australian Indigenous HealthInfoNet: Maternal and child nutrition <a href="http://www.healthinfonet.ecu.edu.au/health-risks/nutrition/projects/maternal-child-nutrition">http://www.healthinfonet.ecu.edu.au/health-risks/nutrition/projects/maternal-child-nutrition</a></li> <li>• Resources available via the Oral Health website: Building Strong Teeth - Aboriginal and Torres Strait Islander Flip Chart; Crocodile Smiles Part 2 – Better Oral Health for Indigenous Communities; Happy Teeth Program; Healthy Teeth for life <a href="http://www.health.qld.gov.au/oralhealth/promo_programs/default.asp">http://www.health.qld.gov.au/oralhealth/promo_programs/default.asp</a></li> <li>• Growing Strong Feeding You And Your Baby Resources available for download from: <a href="http://www.health.qld.gov.au/ph/documents/hpu/growing_strong.asp">http://www.health.qld.gov.au/ph/documents/hpu/growing_strong.asp</a></li> <li>• Child safety on farms <a href="http://www.farmsafe.org.au/index.php?article=content/home">http://www.farmsafe.org.au/index.php?article=content/home</a></li> <li>• Safety for Piccaninny – Our Little Ones (Aboriginal and Torres Strait Islander resource) <a href="http://www.emergency.qld.gov.au/publications/pdf/Piccanninny_booklet.pdf">http://www.emergency.qld.gov.au/publications/pdf/Piccanninny_booklet.pdf</a></li> </ul>
	Parent/s and or carer/s who are Culturally and linguistically diverse	<ul style="list-style-type: none"> <li>• Multicultural health website, which includes interpreting services <a href="http://www.health.qld.gov.au/multicultural/default.asp">http://www.health.qld.gov.au/multicultural/default.asp</a></li> </ul>

**Project Officer**

Tracey Button

**Model of Care for Child Health working group co-chairs:**

Jan Pratt, Nursing Director, Primary Care Program, Children's Health Services

Marilyn Chew, Director of Nursing, Community & Extended Care Services, Sunshine Coast Health Service District

**Consultative Members**

Catherine Marron, Clinical Nurse Consultant, Primary Care Program, Children's Health Services

Caroline Diamond, Clinical Practice Supervisor for Early Intervention Specialists, Northern Queensland

Chanelle Horner, A/Senior Physiotherapist, Paediatric Team Logan Hospital

Christine Sams, Child and Family Health, Noosa

Deanne Olsen, Mental Health Promotion Officer, Southern Regional Services

Helen Cook-Bland, Division of Community and Allied Health

Irene Hamner, Nurse Educator, Maternal & Child Youth Health, RBWH

Jan Pratt, Nursing Director, Primary Care Program, Children's Health Services

Jody Antrobus, Senior Health Promotion Officer, Skin Cancer Prevention

Karen Adcock, Nurse Unit Manager, Child & Family Health, Caboolture

Karen Berry, Nursing Director, Ellen Barron Family Centre

Kathleen Dryden, Primary School Health Promotion Nurse, Cairns and Hinterland Health Service District

Kathleen Horne, Clinical Nurse, Coorparoo Child Health, Children's Health Services

Kerry Bidwell, Area co-ordinator Mental Health Promotion, Southern Regional Services

Liz de Plater, Service Development Leader – PIMH, Queensland Centre for Perinatal and Infant Mental Health, Children's Health Services

Marcia White, Aboriginal & Torres Strait Islander Child Health Coordinator

Madeline Hall, A/CNC, Queensland Health Immunisation Program

Michelle Harrison, Senior Public Health Nutritionist, Healthy Living Branch

Moina Mitchell, Clinical Nurse, Inala Indigenous Health

Nadine Fitzgerald, Nurse Unit Manager, Child Youth and Family Health Unit, Mackay

Neil Wigg, Director of Community Child Health, St Pauls Terrace Springhill

Penny Wearne, Speech Pathologist, Clinical Intake Officer, Bayside, Redlands Health Service

Robyn Littlewood, Director, Nutrition and Dietetics

Robyn Penny, CNC, Child Health Liaison, Primary Care Program, Children's Health Services

Ronell Wilson, Project Officer, Community Child Health Service

Roslyn McCallum, CN, Child Health, Gladstone

Shareen Forsingdal, Director Speech Pathology, Bayside

Sonya Preston, Nursing Director, Children's Health Services (south)

Ven-nice Ryan, Director, Child Development Program, Children's Health Services (central)