

A.B.C. Connect with me

Help your child thrive from pregnancy to five.



A

ANTENATAL

- The health of mum and family during pregnancy can affect your baby. This includes how they grow, develop and their future wellbeing.
- The brain grows **a third of its weight** during the last five weeks of pregnancy. Every week of pregnancy counts.



B

BRAIN DEVELOPMENT

- Having a nurturing relationship with your child is important for building healthy brains. This starts during pregnancy.
- Blue Book checks and immunisations ensure that your child is healthy and growing well.



C

CHILDHOOD EXPERIENCES

- Your child will flourish when they are given opportunities to learn through play.
- Your child's future health and development can be affected by toxic stress.

The time from pregnancy until your child starts school has a life-long effect.



Your child's development at **22 months** can predict their education outcomes at 26 years.

90%

of your child's brain development happens **before the age of five.**



High-quality early childhood education gives your child the best start in life.

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WHY?

What happens in these first 2,000 days of life can affect the next

30,000 days!



Physically



Cognitively



Socially



Emotionally

WHAT?

Healthy social and emotional development:



- Helps your child's future health and wellbeing



- Provides a safe environment for them to play, explore and learn



- Supports them to form trusting relationships



- Helps them to understand and manage their emotions and behaviour



- Builds resilience



- Guides them to be nurturing role models for the next generation.



Learn the Signs. Act Early!



Record your child's health, growth, development and immunisations.



Visit a child and family health nurse or your doctor for your child's Blue Book checks.



There are 8 checks from birth until 4 years of age.

HOW?



LOVE



TALK



SING



READ



PLAY

Your child's first 2000 days of life shapes their future.

MAKE THEM COUNT