

A great start in life starts with you.

In the first years of life, your child's brain develops faster than at any other stage.

They're forming hundreds of new brain connections every second.

It's partly what they're born with, but their family life and experiences are also important for healthy brain growth.

During this time, the simple things you do together each day can have an enormous impact.

Talk, sing, read and play, every day. These simple things can help your child get off to a flying start.

Talk

Lots of talking in the early years builds your child's language and communication skills — important skills they'll keep for life.

- ★ Start early. Your baby may be too young to use words, but they'll learn from you if you respond to their sounds and actions with lots of talking.
- ★ Talk about what you do, what you see around you, and what interests your child.
- ★ Talk about the books, stories and songs you share.
- ★ Point out street signs, posters or labels when out and about.

Sing

Babies and children love music, singing and action rhymes.

- ★ Sing throughout the day, at bathtime, at bedtime or to calm your child.
- ★ Make up songs.
- ★ Sing or play music in the car and encourage your child to sing along with you.
- ★ Join a free rhyme time session and check out the children's music and books at your local public library.

Read

It's never too early to share books.

- ★ Books don't need to be read word for word and start to finish. Things like talking about the pictures, guessing what will happen next and making up your own endings help children learn and be more involved.
- ★ Keep books down low where children can grab them and pack a few for outings. They are great to pull out when you're waiting for appointments, your bus or a coffee.
- ★ Repeat favourites again and again.
- ★ Join a free story time session at your local public library. Get a library card for your child and borrow regularly.



Twinkle, Twinkle

Twinkle, twinkle little star
How I wonder what you are?
Up above the world so high
Like a diamond in the sky
Twinkle, twinkle little star
How I wonder what you are?



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Your local library

For fun, free, family-friendly activities and resources to help you make the most of your child's first 5 years, visit your local public library or Indigenous Knowledge Centre.

They are great places to meet other families, borrow books and share stories, action nursery rhymes, simple songs and activities.

Contact your local library to find out what's available in your area.


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Play

Playing with your child is a fun way to develop their skills and knowledge.

- ★ You don't need the latest toys or educational apps, your child just needs you.
- ★ Use chalk or a paintbrush and water to scribble, draw and write on the path or fence. Paper and crayons are great too.
- ★ Make cubbies and forts with cardboard boxes, sheets, pillows and blankets.
- ★ Play and explore outside and talk about what you see.
- ★ At the park, push the swing from in front so your child can see you and you can talk together.




at your library

talk ★ play ★ sing ★ read



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