

## Child and family health services

Services are free for NSW families with children from birth to 5 years old. You don't need a referral.

They offer:

- health and development checks
- information on many parenting issues
- referrals to extra supports, if needed.



## Building brains and bodies

You are your child's best teacher.

The time you spend connecting with your child is the most important thing you can do to build their brain and body.

For ideas, visit:  
[health.nsw.gov.au/childdevelopment](http://health.nsw.gov.au/childdevelopment)



## Health and development checks

These checks are very important. They help track how your child is growing and developing.

They also help find what extra support your child might need, so they can get the care they need early.

Checks can be done by your doctor or child and family health nurse.

### You know your child best

Don't wait. If your child is not meeting one or more milestones, has lost skills they once had, or you have other concerns, act early.

Talk with your doctor or child and family health nurse, share your concerns, and ask about developmental screening.

Complete the 'Learn the Signs. Act Early.' checklists in the Blue Book before every check.



# Milestones matter



## Give your child the best start in life

Spend quality time together  
– love, talk, sing, read and play with them

Track their milestones  
– how they play, learn, speak, act, and move

Take them for all their health and development checks

# Learn the Signs. Act Early.

Your child's early development is a journey. Tick the milestones your child reaches at each age. The flags 🚩 let you know when it's time for a health and development check.

✔ Start here



## 6-8 Weeks

- Smiles when you talk to or smile at them.
- Reacts to loud sounds.
- Can hold head up when on tummy.
- Watches you as you move.



## 6 Months

- Takes turns making sounds with you.
- Leans on hands to support themselves when sitting.
- Knows familiar people.
- Reaches to grab a toy they want.
- Blows 'raspberries' (sticks tongue out and blows).



- Waves 'bye-bye'.
- Looks for things they see you hide.

## 12 Months

- Understands 'no' (pauses briefly or stops when you say it).



## 18 Months

- Copies you doing chores.

- Tries to use a spoon, drinks from a cup without a lid.

- Tries to say three or more words besides 'mama' or 'dada'.
- Walks without holding on to anyone or anything.

- Calls a parent 'mama' or 'dada' or another special name.
- Pulls up to stand.



## 2 Years

- Kicks a ball.

- Says at least two words together.
- Notices when others are hurt or upset.

- Points to at least two body parts when you ask them to show you.
- Points to things in a book when you ask.



- Calms down within 10 minutes after you leave them, such as childcare drop off.

- Says first name, when asked.
- Puts on some clothes by themselves, such as loose pants or a jacket.

- Draws a circle when you show them how.
- Notices other children and joins them to play.

- Talks about at least one thing that happened during their day, such as 'I played soccer'.
- Catches a large ball most of the time.

- Likes to be a 'helper'.
- Changes behaviour based on where they are (library, playground).

- Draws a person with three or more body parts.



## 3 Years

## 4 Years