## 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





## 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.



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**NSW Health** 



# Milestones matter



## Give your child the best start in life

### Spend quality time together

- love, talk, sing, read and play with them

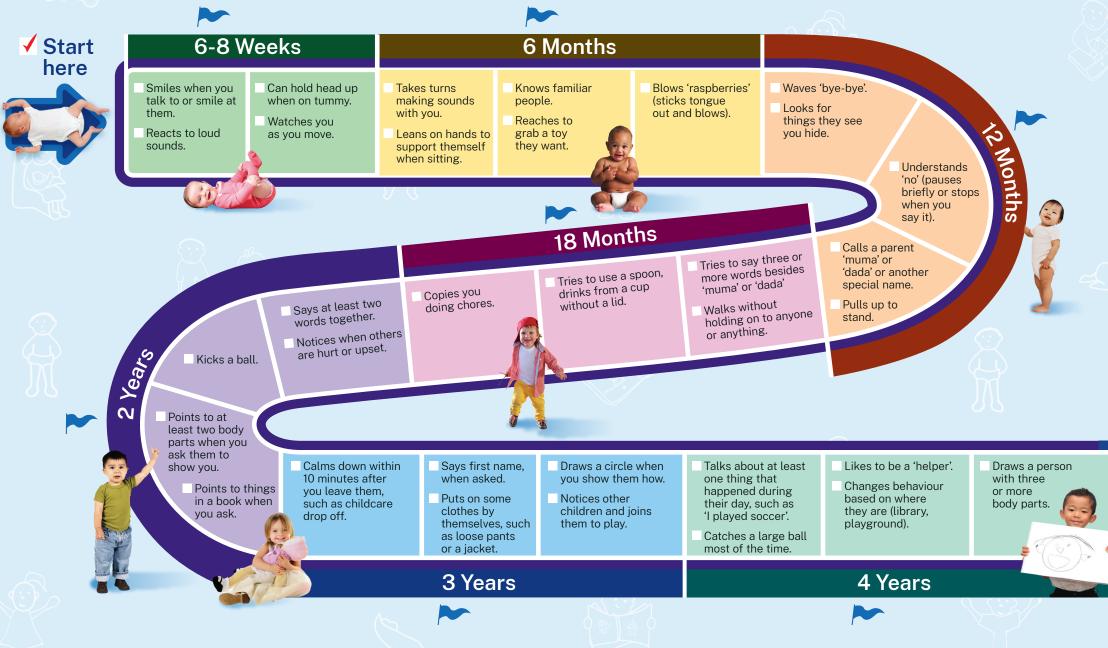
#### Track their milestones

- 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 relation when it's time for a health and development check.



Original content provided by the U.S. Centers for Disease Control and Prevention's Learn the Signs. Act Early. program https://www.cdc.gov/ncbddd/actearly