

1 Maximise Love, Manage Stress

Children thrive in a community of positive relationships. When children feel secure with nurturing relationships and parents and carers feel supported and able to manage stress, then babies and small children are more connected when they reach school age, more motivated to achieve their full potential and more confident in themselves and their community.

2 Talk, Sing, Point

Every time we talk, sing or point to what we are talking about we provide clues to the meaning of what we are saying. Being responsive to a child's sounds and later their words help develop language. Singing and music help children develop listening skills and songs, stories and turn-taking games are important steps in developing early language skills.

3 Count, Group & Compare

Becoming good at maths begins long before a child enters school. Even babies can do simple maths, such as noticing amounts and patterns. Toddlers love learning maths concepts, such as comparing sizes and shapes. These concepts help them make sense of the world. By building on their natural skills and interests, you can boost their confidence and understanding.



4 Explore Movement & Play

Infants and toddlers are curious and excited to learn about their surroundings. Children explore and learn about the world through movement and play. There are many kinds of play: exploring objects, games with loved ones, imaginative and pretend play, creative activities such as drawing, and physical play, such as crawling or rolling a ball. Movement and play keep children healthy and build their coordination and strength.

5 Read & Discuss Stories

It is never too early to begin reading to children, even babies enjoy it and benefit. Reading aloud from the very beginning is one of the most important things we can do to prepare children to do well in school. Reading and talking to children about stories, even before they understand, builds their language skills, sparks their imagination and creates bonds and lasting memories for parents and children.

It takes a **village** to raise a child.

Did you know?

The human brain doubles to 70% of adult size during the first year of life, when there are a million new connections per second. It grows to 80% of adult size by the age of three and 90% by the age of five.

