



ENCOURAGING YOUR CHILD'S DEVELOPMENT FROM BIRTH TO 12 MONTHS

BIRTH TO 4 MONTHS

1. Get into a routine – eat, sleep, play, repeat
2. Talk and sing to your child
3. Play simple games
4. Smile back when he or she smiles at you
5. Place your child in different positions regularly, e.g. tummy time



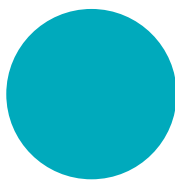
4 TO 8 MONTHS

1. Mimic your child's sounds and actions
2. Play games
3. Tickle and laugh with your child
4. Read them books with simple, bright pictures



8 TO 12 MONTHS

1. Take turns in playing simple games
2. Place a toy out of reach and encourage them to crawl or walk to it
3. Give your child finger foods, using different tastes and textures
4. Give them space to crawl and pull themselves up on furniture



Your first step into early childhood education & care

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