



## Who you can talk to about my...

**Talking and listening**  
Speech Pathologist

**Moving and playing**  
Occupational Therapist  
Physiotherapist

**Thinking and feeling**  
Psychologist

**General development**  
Child Health Nurses



## Need more information?

**QLD Health Information and Facts:**  
[access.health.gov.au/hid/ChildHealth/](http://access.health.gov.au/hid/ChildHealth/)

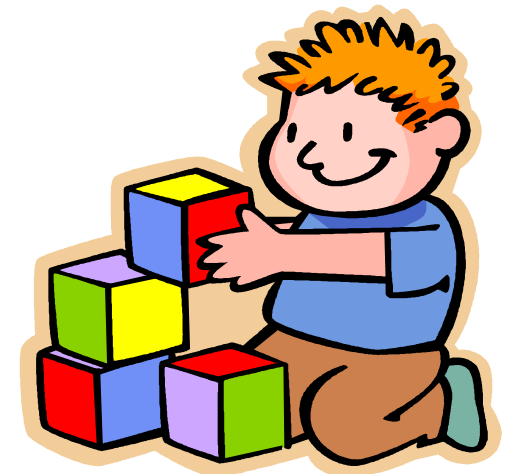
**Child Health Nurses and other health  
professionals are at your local  
Community Health Centre:**

**Browns Plains Community Health Centre**  
Phone: 07 3412 3100

**Logan Central Community Health Centre**  
Phone: 07 3290 8900

**For other locations please go to:**  
<http://www.healthier.qld.gov.au/health-services/health-centres>

## Help me learn & grow!



## Birth to 3 years



A joint project between The  
University of Queensland Speech  
Pathology 2012 & Logan Central  
Community Health Centre



# About me!

In my first 3 years my brain is growing and changing a lot! This is when I learn the most! I'm interested in everything that happens around me.

Exploring the world is how I learn best. Things that I hear, see, smell, taste and touch shape how my brain grows.

While I'm little I can't do a lot of things on my own. That's why it's so important for you to help me explore the world!

The more fun and interesting things we do together, the more I will learn and grow. This will help me get ready for school!

I'm learning to...  
listen and talk,  
move and play, feel  
and think!



There are lots of things you can do to make sure I learn lots.

On the next few pages there are some tips for you to try!

# Tips and tricks to help me learn

*Put this brochure on the fridge!*



**I love to play with blocks, playdough, sand and puzzles. Give me lots of different things to try.** It lets me practice using my hands. I'm learning to reach for, hold and move things.

**Dance with me, run with me, jump with me, kick with me.** I'm learning to move my body. This helps me to balance and grow big and strong.



**When I'm upset, happy or scared, give me lots of cuddles and kisses. Tell me what I'm feeling,** it helps me learn what feelings are.

**I love it when you tell me what's happening. Talk to me all the time** so I learn new words and understand the world around me.

**I love to play with other kids. Take me to a playgroup or the park.** It helps me learn how to get on with others and make new friends.

**I love to draw and make pictures. Give me big crayons and paper to scribble with.** This will help me to get ready for school.

**When you talk to me keep it simple.** I'm still learning to listen. If you use too many big words I might not understand.

**I love knowing that you are there for me. Watch over, help and protect me!** It helps me learn to do things on my own.

Try some of these out when we're...

At the park

Shopping

In the bath

Eating a meal

Getting dressed

At playgroup

Going to bed

