

Give your child the best start in life!

HELPFUL, KIND & PATIENT

Ways you can support your child to develop emotional maturity:

Praise and encourage your child and provide the opportunity to talk about feelings. Ask your child "How does that make you feel". Encourage participation in a range of activities and model appropriate responses when angry. **Always listen to your child.**



ACTIVITIES AND RESOURCES

Read 'Feelings' Books or 123 Magic – Emotion.

Visit a parenting class in Rockingham, Visit a parenting class or attend a playgroup. See our facebook page for more ideas and information on services in your area.

READING, WRITING & COUNTING

Ways you can help your child to develop their language and cognitive skills:

Read to your child from birth each day. Encourage drawing, colouring and painting and play music to your child. Sing nursery rhymes and children's songs and count out loud.



ACTIVITIES AND RESOURCES

Rhyme Time, Story Time and Toddler Time – City of Rockingham Libraries.

Talk to the library staff or child health nurse about your Better Beginnings packs!

30 Books to read before you're 3 – (Listed on Better Beginnings Website).



HEALTHY, INDEPENDENT & ACTIVE

Ways you can help your child to be physically healthy:

Eat healthy food, skip, bounce, jump and play in safe age appropriate environments. Brush your teeth and wash your hands together. Set daily routines and try to give your child plenty of sleep.

ACTIVITIES AND RESOURCES

Playgroups, Toy Libraries – games, puzzles, play equipment.

Children's Activities: ride your bike, play in the garden, bounce on the trampoline, build a sand castle, plant a tree, dance to music, kick a ball.

Visit your local Community and Family Centres - Waikiki, Warnbro, Westerly.

TALK, LISTEN & LEARN

Ways you can support your child to develop communication skills and general knowledge:

Tell stories, join in imaginative play, sing songs together and share in conversation. Describe the things around your child like trucks, cars, colours, clouds and trees. Young babies like to babble and make sounds, you can join in.

ACTIVITIES AND RESOURCES

Puppets – available to borrow at City of Rockingham Libraries.

Memory games, board games, playdough.

Listen to CD's or audio books in the car, sing songs and nursery rhymes. Available at your local library or online.



PLAY, SHARE & COOPERATE

Ways you can help your child to be socially competent:

Support your child to play with other children and set clear boundaries. Give clear and consistent instructions. Let your child help you wash dishes or prepare meals. Encourage them to take care of their own toys and support curiosity and exploration of books, toys and games.



ACTIVITIES AND RESOURCES

Visit your local playgroup or join the toy library. You can borrow games, play equipment, and much more.

Children's Activities – sports, dance, music.

Community and Family Centres – Waikiki, Warnbro, Westerly.

The Rockingham Early Years Group (REYG) is a child and family focused network which seeks to improve the quality of the lives of all children (0-8) years in the Rockingham region.

Contact: reyg.group@gmail.com or Find us on Facebook

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Australian Early Development Index



rockingham early years group

