Eat together, play together

From birth, children watch and copy their parents. They learn about their world with you. Enjoy sharing mealtimes together and find time for active play with your child each day.

Family mealtimes help babies grow healthy, happy and connected - even before they can talk

- eating together builds emotional security and development
- babies learn by watching - mealtimes are a chance to model healthy eating and social interaction
- shared meals create a space for bonding, even if it's just a snack or a few minutes together

Words Grow Minds - talk, read, sing, every word helps

Did you know

- your voice is your child's favourite sound
- every word builds your child's brain
- no book is too short, no song is too silly.

By reading aloud, sharing stories and singing with your child you are helping them become familiar with words and sounds. This will help them to go on to read successfully later in life.

Eat together so your children see you eat the foods that you want them to learn to like and how to behave at the table and enjoy family meals.
Be considerate of everyone's likes and dislikes, don't cook separate meals but ensure there is something at the table that everyone will eat. This may be just some sliced bread, plain noodles or cut fruit.

Little Moments, Big Impact

Learn more about the INFANT program
Community Health phone: 5033 9337

Swan Hill District Health
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www.shdh.org.au

Community Health

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10 easy ways to play with your child:

- Tummy time - laying your baby on your chest counts too
- Play with bubbles - your baby will learn to grab and touch things
- Play with toys together - roll a ball, build blocks, pull along toys
- Listen and move to music together
- Visit the playground
- Go for a swim at the local pool
- Make a tunnel to crawl through, or an obstacle course
- Take a walk outside, around the garden, to the park/shops
- Play drums using pots and pans
- Read a story together

5 easy songs to sing to or with your child:

- Old MacDonald
- The Wheels on the Bus
- Incey Wincey Spider
- Open Shut Them
- Heads & Shoulders, Knees & Toes

Words Grow Minds - talk, read, sing, every word helps

Check out more options at raisingchildren.net.au along with printable song sheets.

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Switch Off to Play and Eat

Screens of any type are not recommended at all for children under 2 years of age. Children learn more from you and the world when screens are off. Encourage your child to be active every day and get active together.

Keep active and get off and running by walking with the pram, or while your child rides their scooter or bike. Describe the scenery, find some birds or wildlife.

Provide a range of structured and unstructured active play options, swimming, an obstacle course in the lounge or yard, a play at the park, doing a puzzle.

Focus on what you can do to spend time with your child to reduce screen time. Screen time may be replacing opportunities for your child to manipulate physical toys or communicate face to face with you.

Plan a routine that includes time spent singing songs, playing games, rolling or throwing balls, going for walks or meeting friends for a play at the park.

Keeping active:

every step, skip and stretch

helps your child thrive

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When used thoughtfully, screen time can support learning, spark curiosity and create moments of connection - especially when you watch, talk and play together.

- co-viewing matters - watching together helps understanding and engagement with content
- talking about what you see boosts language development
- choose quality content

10 ways to be active with your toddler

- Ball play - rolling, catching, hitting, bouncing, kicking
- Dancing together
- Chase bubbles
- Walk, run or skip along chalk lines
- Play guess the animal game - run like a monkey, flap like a bird
- Take a nature walk together
- Try a rough and tumble play game
- Play hide and seek
- Balance games like trying to stand on one leg
- Jumping or laughing games

More moments less screens

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*This is part of the **Giggles, Wiggles & Words Project***
*find more information at **earlyyearsonlinehub.org.au***

Community Health

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