

Suggestions for young children 5-6 years >

Ways to help your child at school

- Attend school regularly
- The first 2 years of Primary school is when children learn literacy skills built on from birth. This is the foundation of their learning in later years
- Encourage your child to have enough sleep and a healthy breakfast to help them concentrate at school
- Try and limit use of TV and video games to 1-2 hours per day. Educational videos and tapes can be borrowed from the library
- Assist your child to join the Library. Young children like having their own library card and new books to bring home
- Establish a routine after school, sit and take time to talk to your child about what they are doing at school, practise writing, drawing and reading books
- Talk with teachers about your child's progress at school, and how you can help with their learning at home
- Praise and encourage your child every day for positive behaviour
- If English is not your first language, encourage your child to speak their first language fluently at home. Young children will learn English at school more readily if they speak confidently in their first language
- Encourage your child to be bilingual throughout the primary school years, as this is very beneficial for their learning and development.



Key Contact Numbers >

The Broadmeadows Early Years Partnership is a formal network of 20 agencies and schools working together to improve services for young children in Hume City. The lead partners are Broadmeadows Uniting Care, Dianella Community Health, Hume City Council, Broadmeadows Family Services: Anglicare and Orana Family Services.

For more information

Learning Education and Wellbeing

Playgroups in Hume: The Hume Playgroup Development Officer Ph: 9351 1364
Hume City Council website listing services and programs:
[www.hume.vic.gov.au/Services for You/ Family, Children and Young People](http://www.hume.vic.gov.au/Services%20for%20You/Family,%20Children%20and%20Young%20People)
Hume City Council Preschool and Child Care: Ph: 9205 2200.
Hume City Council Library and Children's Storytime Ph: 9356 6900
Broadmeadows Uniting Care: Preschool and Child Care Ph: 9309 3388
Broadmeadows Family Services: Anglicare Ph: 9301 5200
Orana Family Services Ph: 9302 2700

Health

Dianella Community Health Service at Broadmeadows Ph 8345 5678
Meadow Heights Ph: 9302 8888, Craigieburn Ph: 9308 1222

This brochure is also available in Arabic, Turkish, Samoan and Vietnamese.
For more copies of the brochure contact Broadmeadows UnitingCare,
Ph: 9309 3388.

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Broadmeadows Early Years Partnership

"Optimising the health, development, learning and well-being of children living or participating in the Broadmeadows Community".



"Giving your child the best start in life" >

- suggestions for parents
and carers of babies and
young children in Hume City

Prepared by the Broadmeadows
Early Years Partnership

This guide is recommended by Child and Family agencies and Primary schools working as part of the Broadmeadows Early Years Partnership. By working together, the services can support parents and encourage a "whole of community" approach to helping families raise healthy young children.

"Giving your child the best start in life" >

The first five years of life are critical to every child's development. Most parents and carers are aware that learning starts from birth. Research now shows children learn more **before** starting school than at any other time of their lives. This is because a child's early experiences affects the way their brain develops. These early experiences are the building blocks of language, thinking, social and emotional health and development for life.

Families together with their community play a role in helping babies and young children grow and learn. Community programs can assist by bringing parents together in local neighbourhoods to support, share and learn from each other. These programs can connect families to health, education and family support agencies.

Many parents look for support and encouragement from their extended family and neighbours in their community. Let other carers, who help look after your child, know about this guide. Discuss these suggestions in your community.

If you have any concerns about your child's health and development, talk to your local Maternal and Child Health Nurse, Doctor, or Child Care, Preschool, or Family Support provider. Your child may be eligible for additional assistance before they go to school.

You can help your child every day by building a strong nurturing relationship, and offering plenty of praise and encouragement.



Suggestions for young children 0-2 years >

Your Child's Health

- Attend your local Maternal and Child Health Nurse at 2, 4 and 8 weeks, 4, 8, 12, 18 months and 2 years
- Immunise your child at 2 months, 4 months, 6 months, 12 months and 18 months
- Breastfeed your child if possible, as this is the recommended food for your baby. Continue breast feeding or formula until your child is one year old
- Set a routine of healthy eating: daily eating of solid foods from 6 months, including meat, vegetables and fruit
- Water is the best drink for young children. Try not to give your child sweet drinks (eg. Fruit juice, cordial, soft drinks) as this causes tooth decay
- Try and keep your child away from cigarette smoke.

Your Child's Learning, Education and Wellbeing

- Cuddle, talk, sing, read, play and have fun with your child to encourage thinking and language development
- Try and read to your child as early as possible eg. from 3 months old.
- Join the library, seek out books in your first language, and attend library story time. Involve grandparents in reading and telling stories as part of sharing your culture with your children
- Attend playgroups and activity groups which help your child learn to mix with other children and families from a range of cultural backgrounds
- Provide positive discipline with lots of praise and encouragement.



Suggestions for young children 2-3 years >

Your Child's Health

- Attend your Maternal and Child Health Nurse at the 2 years and at 3 1/2 years to help with their preparation for school
- Set a routine for healthy eating: daily eating of fruit and vegetables, small healthy meals and snacks
- Water is the best drink for young children
- Try not to give your child sweet drinks (eg. Fruit juice, cordial, soft drinks) as this causes tooth decay
- Let your child run, climb, swing and jump, play with a ball outside. Be close and watch
- Try and keep your child away from cigarette smoke.

Your Child's Learning, Education and Wellbeing

- Encourage your child to play with other young children
- Enrol your child in a quality early childhood program (preschool/ kindergarten, child care)
- Try and read and tell stories to your child as often as you can
- Join the library, seek out books in your first language, attend library story time
- Involve grandparents in reading and telling stories as part of sharing your culture with your children
- Attend playgroups and activity groups so your child can mix with other children and adults
- Try and limit use of television and video games to 1-2 hours per day
- Cuddle, talk, sing, read and play with your child at home to encourage thinking and language development
- If English is not your first language, encourage your child to speak their first language fluently at home. Young children will learn English at child care and preschool/ kindergarten more readily if they speak confidently in their first language.



Suggestions for young children 3-5 years >

Your Child's Health

- Attend your Maternal and Child Health Nurse at 3 1/2 years
- Immunise your child at 4 years of age, before they start school
- Set a routine for healthy eating: eat fruit and vegetables and healthy snacks daily and promote water to drink
- Try and make mealtimes a family time to be together, relax and talk, without the television
- Let your child run, climb, swing, jump, play with a ball outside. Be close and watch
- Try and keep your child away from cigarette smoke.

Your Child's Learning, Education and Wellbeing

- Cuddle, talk, sing, read and play with your child at home to encourage thinking and language development
- Encourage your child to have times when they separate from parents and go with another responsible caregiver for short periods
- Enrol your child in a quality early childhood program (preschool, kindergarten, child care) to help them be part of a structured program before starting school
- Attend a quality preschool/kindergarten program regularly as your child will learn to mix with other children, and be prepared for a formal school program
- Talk with teachers about how your child's progress in the program, and how you can help with their learning at home
- Attend playgroups and activity groups so your child can mix with other children and adults
- Assist your child to join the Library
- Young children usually enjoy having their own library card and borrowing new picture storybooks to take home
- If English is not your first language, encourage your child to speak their first language fluently at home. Young children will learn English at child care /preschool/kindergarten and school more readily if they speak confidently in their first language
- Encourage your child to be bilingual throughout the primary school years, as this is very beneficial for their overall learning and development.

