Now I am 1

My brain and body develop in amazing ways in the first five years of life. Understanding how I develop will help you to support me to learn new skills and reach my full potential.

How you can help my development and learning

- Share stories, read and sing with me.
- Help me to understand what I am feeling.
- Be calm and sit beside me when I am upset or excited.
- Share a smile or a hug.

My next child health check

I have a child health check due at 12 and 18 months. To book an appointment call 1300 366 039.

If you have development concerns, you can make an appointment to see a child health nurse at any time.

More information

Scan the QR code to visit our website for more information about child health services in the Greater Brisbane area.

With your help, in the next 12 months, I will learn to:



Move around by walking, beginning to run, climb and use the stairs with help



Play near other children. I may start to cooperate with them. I like 'pretend play'



Feed myself with finger food and will try to use a spoon and fork



Understand simple questions and instructions



Build tower blocks



Say new words and join some words together

Updated: February 2024



Further support

Free call 13 HEALTH (13 43 25 84) 24/7 to speak to a child health nurse | Breastfeeding helpline 1800 686 268
Parentline 1300 301 300 www.parentline.com.au | Raising Children's Network www.raisingchildren.net.au

Queensland Government

Children's Health Queensland Hospital and Health Service

Now I am 2

My brain and body develop in amazing ways in the first five years of life. Understanding how I develop will help you to support me to learn new skills and reach my full potential.

How you can help my development and learning

- Share stories, read and sing with me.
- Help me to understand what I am feeling.
- Name feelings to help me understand that I'll be OK.
- Be patient and wait for me to finish tasks.
- Share a smile or a hug.

My next child health check

I have a child health check due between 2.5 and 3.5 years old. To book an appointment call 1300 366 039.

If you have development concerns, you can make an appointment to see a child health nurse at any time.

More information

Scan the QR code to visit our website for more information about child health services in the Greater Brisbane area.

With your help, in the next 12 months, I will learn to:



Run and climb

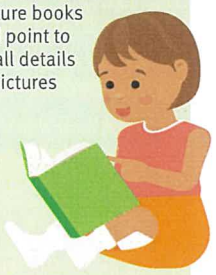
Walk up and down stairs holding onto a rail one step at a time

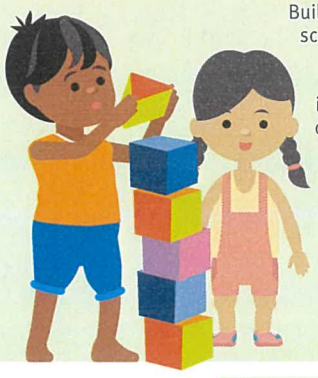
Learn new words and use two or three words together

Feed myself with a spoon or fork and use a cup to drink



Enjoy it when we read familiar picture books and point to small details in pictures





Build tower blocks, scribble and draw

Start to show interest in other children playing and join in for a short time

Updated: February 2024



Further support

Free call 13 HEALTH (13 43 25 84) 24/7 to speak to a child health nurse
Parentline 1300 301 300 www.parentline.com.au | Raising Children's Network www.raisingchildren.net.au

Queensland Government

Now I am 3

My brain and body develop in amazing ways in the first five years of life. Understanding how I develop will help you to support me to learn new skills and reach my full potential.

How you can help my development and learning

- Share stories, read and sing with me.
- Help me to understand what I am feeling.
- Name feelings to help me understand that I'll be OK.
- Be patient and wait for me to finish tasks.
- Share a smile or a hug.

My next child health check

I have a child health check due between 2.5 and 3.5 years old. To book an appointment call 1300 366 039.

If you have development concerns, you can make an appointment to see a child health nurse at any time.

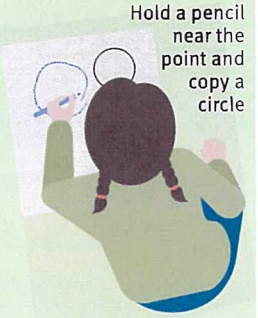
More information

Scan the QR code to visit our website for more information about child health services in the Greater Brisbane area.

With your help, in the next 12 months, I will learn to:



Point to parts of pictures and toys e.g. car door



Hold a pencil near the point and copy a circle



Dress and undress myself, with only a little help

Join in 'pretend' play with other children



Ask lots of *What? Where?* and *Who* questions?

I'll like to talk and tell stories

Unfamiliar people can understand me

Walk upstairs with alternating feet, hop, jump and run

Updated February 2024



Further support

Free call 13 HEALTH (13 43 25 84) 24/7 to speak to a child health nurse

Parentline 1300 301 300 www.parentline.com.au | Raising Children's Network www.raisingchildren.net.au

Queensland Government

Now I am 4

My brain and body develop in amazing ways in the first five years of life. Understanding how I develop will help you to support me to learn new skills and reach my full potential.

How you can help my development and learning

- Share stories, read and sing with me.
- Praise my achievements.
- Talk about my day and share my feelings.
- Share a smile or a hug.

My next child health check

I have a child health check due between 4 and 5 years old. To book an appointment call 1300 366 039.

If you have development concerns, you can make an appointment to see a child health nurse at any time.

More information

Scan the QR code to visit our website for more information about child health services in the Greater Brisbane area.

With your help, in the next 12 months, I will learn to:



Stand on one foot and hop

Stand, walk and run on tiptoe

Dress and undress myself, with only a little help

Follow simple instructions e.g. 'Put your bag away and then change'



Hold a pencil between my thumb and first two fingers to draw a person with head, legs, body and sometimes arms and fingers



Show sympathy for other children who are upset.

Take part in conversations and tell stories.



Updated February 2024



Further support

Free call 13 HEALTH (13 43 25 84) 24/7 to speak to a child health nurse

Parentline 1300 301 300 www.parentline.com.au | Raising Children's Network www.raisingchildren.net.au

Queensland Government

Now I am 5

My brain and body develop in amazing ways in the first five years of life. Understanding how I develop will help you to support me to learn new skills and reach my full potential.

How you can help my development and learning

- Share stories, read and sing with me.
- Praise my achievements.
- Talk about my day and share my feelings.
- Share a smile or a hug.

My next child health check

I have a child health check due between 4 and 5 years old. To book an appointment call 1300 366 039.

If you have development concerns, you can make an appointment to see a child health nurse at any time.

More information

Scan the QR code to visit our website for more information about child health services in the Greater Brisbane area.

With your help, in the next 12 months, I will learn to:

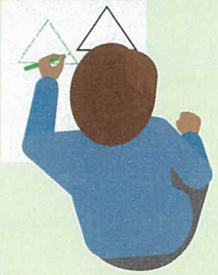


Use a knife and fork, spread with a blunt knife

Tell stories and take part in conversations

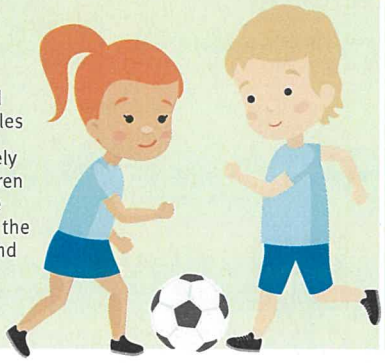


Draw people, colour within lines and copy a triangle



Listen to instructions and follow simple rules

Play cooperatively with other children most of the time and understand the need for rules and playing fairly



Balance and hop on one foot, walk downstairs alternating feet without a rail

Get myself dressed and undressed



Updated: February 2024

Further support
Free call 13 HEALTH (13 43 25 84) 24/7 to speak to a child health nurse
Parentline 1300 301 300 www.parentline.com.au | Raising Children's Network www.raisingchildren.net.au

Queensland Government

Children's Health Queensland Hospital and Health Service

Now I am 6

Understanding how I develop will help you to support me to learn new skills and reach my full potential.

How you can help my development and learning

- Remember I'm not the same as everyone else. I'm unique! Use my interests to encourage me.
- If you see that I'm struggling, encourage me by thinking about what I'm good at and how that could help.
- Let me have a go at different things – even if you think I might not be very good at it yet. I like to have a go and be challenged!

More information

Scan the QR code to visit our website for more information about child health services in the Greater Brisbane area.

With your help, in the next 12 months, I will learn to:



Use more pretend play filled with fantasy and drama and share with others

Talk – sometimes a lot! I will use full sentences and tell stories in the right order

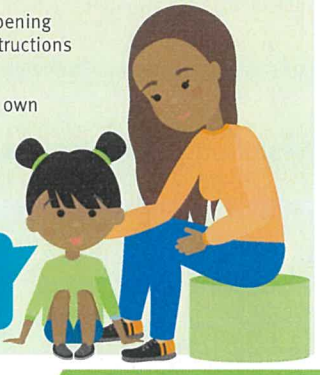
Pay attention for longer and see other peoples' point of view

Be more coordinated moving my body and using my hands to tie laces, do zips and buttons



Understand what is happening around me including instructions and simple jokes

Start to try things on my own but I still need you to help me with big emotions



Updated: February 2024

Further support
Free call 13 HEALTH (13 43 25 84) 24/7 to speak to a child health nurse
Parentline 1300 301 300 www.parentline.com.au | Raising Children's Network www.raisingchildren.net.au

Queensland Government

Now I am 7

Understanding how I develop will help you to support me to learn new skills and reach my full potential.

How you can help my development and learning

- Remember I'm not the same as everyone else. I'm unique! Use my interests to encourage me.
- If you see that I'm struggling, encourage me by thinking about what I'm good at and how that could help.
- Let me have a go at different things – even if you think I might not be very good at it yet. I like to have a go and be challenged!

More information

Scan the QR code to visit our website for more information about child health services in the Greater Brisbane area.

With your help, in the next 12 months, I will learn to:

Be more creative with pretend play

Enjoy playing with friends and spending time on my own too



Speak clearly and use lots of different types of words

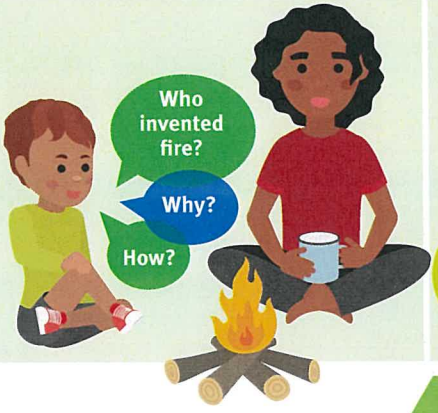
Use more complicated sentences to tell you about my day and experiences

I can make up stories of my own too



Enjoy learning new things, being curious and connecting with adults

Understand and use a variety of questions – what, who, where, when and why



Better manage my emotions, especially when we are out



Updated: February 2024

Further support
Free call 13 HEALTH (13 43 25 84) 24/7 to speak to a child health nurse
Parentline 1300 301 300 www.parentline.com.au | Raising Children's Network www.raisingchildren.net.au

Queensland Government

Children's Health Queensland Hospital and Health Service

Now I am 8

Understanding how I develop will help you to support me to learn new skills and reach my full potential.

How you can help my development and learning

- Remember I'm not the same as everyone else. I'm unique! Use my interests to encourage me.
- If you see that I'm struggling, encourage me by thinking about what I'm good at and how that could help.
- Let me have a go at different things – even if you think I might not be very good at it yet. I like to have a go and be challenged!

More information

Scan the QR code to visit our website for more information about child health services in the Greater Brisbane area.

With your help, in the next 12 months, I will learn to:



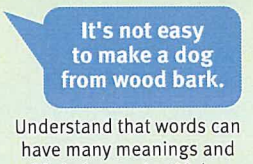
Be able to follow instructions with a number of steps

Use more focused attention on activities



Enjoy being more independent when I can, however I need to be reminded to be safe

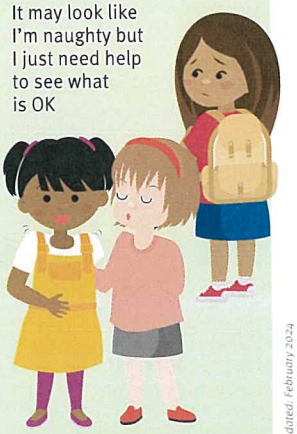
Use my thinking for information I see and hear to understand the world around me



Understand that words can have many meanings and this helps me 'get' jokes

Work out where I fit

It may look like I'm naughty but I just need help to see what is OK



Updated: February 2024

Further support
Free call 13 HEALTH (13 43 25 84) 24/7 to speak to a child health nurse
Parentline 1300 301 300 www.parentline.com.au | Raising Children's Network www.raisingchildren.net.au

Queensland Government