

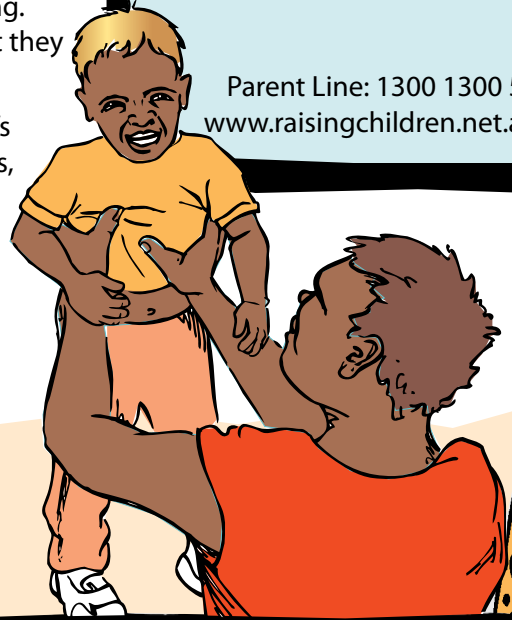
Being Dad, Being Proud

1-3 years

Your baby is growing now and likes to explore - always keep a close eye on them! Spend time playing and talking and help them learn about their feelings.

- give them lots of praise when they do the right thing – “you did a great job putting your toys away”.
- take time to listen to what your child says without interrupting. Look at them when they talk. Let them know you know what they meant by repeating their story back to them.
- they won't always get it right the first time – teach them that's okay, that's how we learn. Help them have a go at new things, as long as they are safe.
- tell them when change is about to happen – “3 more pushes on the swing and we go home”.
- all children need cuddles and hugs so they know you care about them and they are loved.

Parent Line: 1300 1300 52
www.raisingchildren.net.au



TODDLERS DON'T UNDERSTAND sharing or waiting, now is the time to help them understand how to take turns and how to share

Reading and yarnin'

1-3 years

Share your stories – telling and reading stories to kids is important and helps them learn about their world and culture! Tips to make it fun:

- choose books that have sturdy pages and flaps for them to turn and lift. Try books with Australian animals!
- look at the book and at your child. Point to the pictures and talk about each page. You don't need to read all the words.
- when telling or reading stories, change your voice to make it more interesting – happy and sad, loud and soft.
- older children may ask lots of questions along the way, answer these in a way your child will understand.
- be a good role model – let them see you reading, even if it's the paper or a magazine.
- visit your local library – it's free! The library will have kids books about dreamtime stories, on Aussie animals, getting bush tucker and traditional ways.



If your child is not talking much they may need their ears checked by a nurse or doctor.



Outside Play time

1-3 years

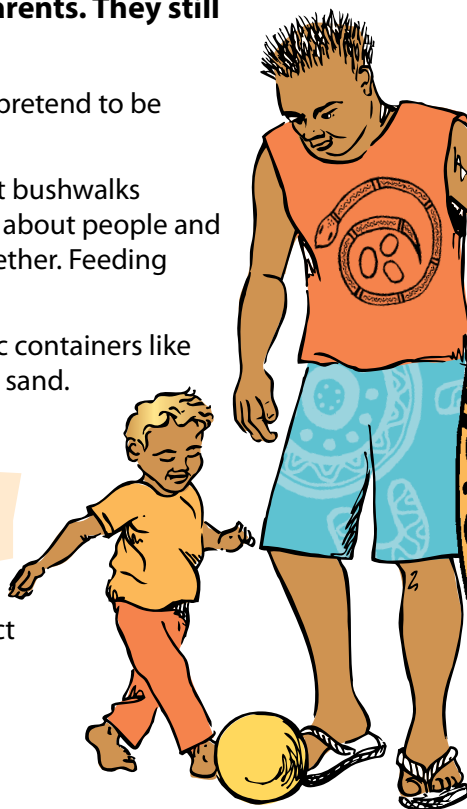
Young kids love to play outside and play with you! They also like to play with older kids, brothers and sisters, cousins and grandparents. They still need someone to keep an eye on them!

- kids love to run and be chased and caught. Hop, skip and pretend to be animals and 'hop like a kangaroo'.
- go walkabout – as your child grows older you can try short bushwalks together. Show them your local area and tell them stories about people and places, or just describe what you see. Discover insects together. Feeding ducks is great fun too.
- kids love to play in sand and water. Give them some plastic containers like mugs, buckets, spades and a funnel with a tray of water or sand. Don't forget hat and sunscreen!

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Never leave your child alone while they are in or near water.

- play with balls of different sizes – don't worry about perfect kicking – just have fun!
- visit the park or playground. Remember stay close to them and know where they are.



Inside Play time

1-3 years

Young children learn through play and at this age like to pretend and imagine. These easy games and activities can help your child's skills and imagination grow:

- cardboard boxes: tape them together and paint them to make cars, towers and tunnels. Cut windows and a door into a large box and you have a house.
- pretending & dress-ups: you don't need special things – old clothes, shoes and hats can be great fun. A sheet over a couple of chairs can be a place to hide.
- draw and paint together: get out pencils, crayons or paint and draw and colour with them. Kids learn a lot from watching you.
- if you are going to play a DVD, go for a good quality one, like *Playschool*, *Wiggles* or *Hi Five*. Children love it when you watch with them and join in too.
- kids love to help: involve them in daily routines, they can help with putting away toys, or with getting a feed by cutting a banana or pouring a drink.

MAKE PLAY DOUGH!

You need 1 cup of plain flour,
1/2 cup of salt,
1/2 cup water,
a few drops of food colouring

Making play dough:

1. Add food colouring to the water
2. Mix salt, flour and coloured water together
3. Knead to form a ball

Tip – add a little extra salt & flour if the dough is too sticky.

Keep little ones safe and away from sharp or hot things!

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