

## Useful Resources

### Milestone matter – (NSW Health)

Information for parents online

(i) Tracking tool:

Milestones Matter NSW Health

[health.nsw.gov.au/kidsfamilies/MCFhealth/Pages/milestones-matter.aspx](https://health.nsw.gov.au/kidsfamilies/MCFhealth/Pages/milestones-matter.aspx)

(ii) Monitoring tool:

Learn the signs. Act early. NSW

[health.nsw.gov.au/kidsfamilies/MCFhealth/Pages/learn-the-signs.aspx](https://health.nsw.gov.au/kidsfamilies/MCFhealth/Pages/learn-the-signs.aspx)

### Reimagine

Guide to early childhood intervention, best practice, transition to school and more

[re-imagine.com.au/families/](https://re-imagine.com.au/families/)

### Blue Mountains Guide to Services & Activities For Families - BMCC

Includes information about Early Childhood Centres, Child and Family services, Supported Playgroups

### Raising Children network

The Australian Parenting website with parenting videos, article and apps

[raisingchildren.net.au](https://raisingchildren.net.au)

### Love Talk Sing Read Play

Contains information for every family to help their child/ren learn and develop.

[itsrp.resourcingparents.nsw.gov.au](https://itsrp.resourcingparents.nsw.gov.au)

### Deadly Tots

Love, Yarn, Sing, Play information for indigenous families

[deadlytots.com.au](https://deadlytots.com.au)

## Contacts

### Child & Family Health

for regular child health & development checks with your Blue Book or if you have any concerns about your child's development.

Ph: 1800 222 608

### Lifestart Early Childhood Early Intervention

supports children birth - 6 years who have developmental concerns, developmental delay or disability, and their families and carers

Ph: 1800 953 390

### Best Start – Connect Child & Family Service

Can provide a bridge to link families with the mainstream and specialist services they need to support children with a developmental delay or disability, walking alongside families as they find the right path.

PH: 4758 9966 or 4739 2606



# Children's Milestones Matter

*Working together to support your child*

As children grow they pass through specific physical, cognitive, social and emotional, and communication developmental milestones.

Parents /Carers want to ensure that their kids progress appropriately. Of course all children are different!

It's useful to know when to expect certain skills to develop and to seek support for any concerns early.

So it's important to have an understanding of these milestones as a reference point.

Early intervention helps children improve their abilities and learn new skills.

Any potential concerns or delays picked up before your child starts school can have a big impact on their progress at school.

**Have a look inside to see the support available to ensure your child reaches their potential.**

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# Keeping on track with your child's development

## At Birth

All parents of children born in NSW receive a free copy of *My Personal Health Record* (the Blue Book).

The Blue Book has valuable information about a child's health and development.

It's where you can record your child's health, development, illnesses, injuries & other milestones.

You can track your child's development using Learn the Signs. Act Early.

## Did you know?

There has been an increase over the years in children starting school requiring further assessment.

This has potential impact on their learning as they start school.

## Child Health & Development Checks Child & Family Health

Maintain routine health checks **before your child starts school** to track your child development and pick up any potential problems early.

Your GP can provide a health check. Community Health will also check for risks.

Child & Family Health provide detailed screening and access to Allied Health Services including: Speech; Occupational Therapy; Physiotherapy; Hearing; Ophthalmologist ; Counselling for both behavioural issues for child and family issues. Waiting periods different for each service.

## Early Childhood Education Services

If your child attends an Early Childhood Education Centre the Educators can help provide feedback on your child and what they observe about their development.

They may recommend follow up on some issues and can potentially help you with referrals.

They can also provide additional information that may be useful for assessments.

## NDIS Early Childhood Early Intervention Lifestart

The main contact point for the NDIS and can help you to understand, and access the most appropriate supports for your child.

Support is tailored to the child's individual needs and circumstances. This may include:

- information
- connection to the most appropriate supports in your area, such as Community Health, educational setting and playgroup
- provide some short-term early intervention where it has been identified as the most appropriate support
- help request NDIS access if the child requires longer-term early childhood intervention supports.

Families are supported to help their child develop the skills they need to take part in daily activities and achieve the best possible outcomes throughout their life.



## Best Start - Connect Child & Family

Are you feeling concerned about your child's development & unsure what to do next?

If you are confused or need support, **Best Start** can help you navigate the path towards getting the support you need.