

Play  
Learn  
Grow

We're  
making  
more than  
just cake



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Everyday  
activities can  
be fun learning  
opportunities.  
Pretending,  
creating and  
helping allows  
your child to  
discover new  
things.

- Let your child's imagination run wild! Encourage them to play dress ups or pretend to be a favourite character. Ask them tell you about it!
- What meals can you and your child prepare together? Cooking teaches about healthy food, numbers and measurement, science, sharing and new words.
- Read with your child every chance you get, words are everywhere! Talk about signs, food labels, and always keep a book handy.
- Encourage your child to draw or tell stories about things that they see around them.

For more information, talk to your Maternal and Child Health nurse, call **13 22 29** or visit **[raisingchildren.net.au](http://raisingchildren.net.au)**