

Unit 4: Child development



1 Information

New babies communicate as soon as they are born and are learning all the time. Touch your babies so they grow properly. You can do things to help your baby hear, see, grow and be happier.

2 Glossary

2.1 Write the meanings of each word in your own language

mobile	
stroke	
copy	
interaction	

blow raspberries	
alert	
clingy	

2.2 Now match the words to the meanings

mobile	move one's hand over skin again and again
stroke	to do the same thing
copy	action that happens between two or more people
interaction	a toy that hangs in the air

blow raspberries	lively
alert	wants to be with you a lot
clingy	place the tongue between the lips and blow to make a sound

3 Looking after your baby's development

3.1 From one to three months old

Listening 1: Listen to things you can do to help your baby develop and write the number next to the one you hear

Babies need to play with people more than toys.

Talk to your baby.

Look into your baby's eyes.

Point to baby's nose and say 'Here is your nose'.

Point to your nose and say 'Here is mummy's nose'.

Pick up his dropped toys again and again.

Hide then call baby's name when you come out.



Listening 2: Listen again and fill in the gaps with the missing words

Babies need to play with ____ more than toys.

Talk to your ____.

Look into your baby's ____.

Point to baby's ____ and say 'Here is your nose'.

Point to your nose and say 'Here is ____ nose'.

Pick up his dropped ____ again and again.

Hide then call baby's ____ when you come out.

____ then call baby's name when you come out.



3.2 From three to six months old

At this age, your baby's social, emotional and physical development is rapid and will include smiling, laughing, kicking, rolling over and lifting their head.

Listening 1: Write the dialogue number next to the correct topic

Topics:

____ talk to your baby

____ make faces at your baby

____ hang a mobile

___ blow raspberries on your baby's tummy

___ put a toy near your baby

___ sing to your baby

___ put your baby on her tummy

1

Mum: How can I play with my baby?

Nurse: Talk to your baby all the time.

Mum: What will I say?

Nurse: Tell him what you are doing.



2

Mum: How can I play with my baby?

Nurse: Make faces at him.

Mum: OK, he will like that.

Nurse: Yes, exactly.

3

Mum: How can I play with my baby?

Nurse: Blow raspberries on her tummy!

Mum: That will tickle him.

Nurse: Yes, he will like it.

4

Mum: How can I play with my baby?

Nurse: Sing a song to her.

Mum: OK. My mum used to do that to me.

Nurse: Yes, it's very soothing.



5

Mum: How can I help my baby grow?

Nurse: Lay him on the floor in a safe place.

Mum: On his back or his tummy?

Nurse: On his tummy.

6

Mum: How can I help my baby to be more active?

Nurse: Give her colourful things to look at and put them near her.

Mum: Why should I put them near her?

Nurse: So then she can look at them, touch them and try to hit them.

7

Mum: Should I hang a mobile over my baby's cot?

Nurse: Cots are for sleeping not playing.

Mum: OK.

Nurse: Put the mobile where he plays.

Listening 2: Listen again and fill in the gaps with the missing words

1

Mum: How can I ____ with my baby?

Nurse: ____ to your baby all the time.

Mum: What will I ____?

Nurse: Tell him ____ you are doing.

2

Mum: How can I ____ with my baby?

Nurse: Make ____ at him.

Mum: OK, he will like that.

Nurse: ____, exactly.



3

Mum: How can I ____ with my baby?

Nurse: Blow ____ on her tummy!

Mum: That will tickle him.

Nurse: Yes, he will ____ it.

4

Mum: How can I ____ with my baby?

Nurse: Sing a ____ to her.

Mum: OK. My mum used to do that to me.

Nurse: Yes, it's ____ soothing.

5

Mum: How can I help my baby ____?

Nurse: Lay him on the ____ in a safe place.

Mum: On his ____ or his tummy?

Nurse: On his ____.

6

Mum: How can I ____ my baby to be more active?

Nurse: Give her ____ things to look at and put them near her.

Mum: Why should I put them ____ her?

Nurse: So then she can look at them, ____ them and try to hit them.

7

Mum: Should I hang a ____ over my baby's cot?

Nurse: Cots are for sleeping not ____.

Mum: OK.

Nurse: Put the mobile ____ he plays.

6 Discussion

Share with the group other activities that mothers can play with their baby which may be common in your culture.

7 Find out more

Raising Children Network

- Development tracker
www.raisingchildren.net.au/development-tracker/newborn-development-tracker.html
- Newborns
www.raisingchildren.net.au/newborns/newborns.html
- Babies
www.raisingchildren.net.au/babies/babies.html
- Toddlers
www.raisingchildren.net.au/toddlers/toddlers.html
- Baby cues
www.raisingchildren.net.au/baby-cues/baby-cues.html
- Parenting in pictures – guide
www.raisingchildren.net.au/parenting-in-pictures/pip-landing-page.html

Resourcing Parents

www.resourcingparents.nsw.gov.au

Love Talk Sing Read Play

- Home page
<http://itsrp.resourcingparents.nsw.gov.au>
- Programs
<http://itsrp.resourcingparents.nsw.gov.au/program/agegroup/6/love>
- Phone app for Android (Google Play) or iPhone (Apple)
<http://itsrp.resourcingparents.nsw.gov.au/home/resources>

Bringing out the best in your baby – calendar

www.kidshhealth.schn.health.nsw.gov.au/sites/default/files/kih1567-your-baby-calendar-2015final.pdf

NSW Multicultural Health Communication Service

www.mhcs.health.nsw.gov.au/publicationsandresources/resources#3=eng&b_start=0&c1=Children+safety&c1=Early+childhood&c1=Parenting

To speak in your own language, call a telephone interpreter on 131 450 (the cost of a local call).

Unit 5: Immunisation

1 Information

Immunisation from an early age is highly recommended for all Australian children to protect them against serious childhood infections. Serious side effects or allergic reactions to immunisation are rare.



In NSW, vaccines are due at birth, six-to-eight weeks, four months, six months, 12 months, 18 months and 3 ½-to-four years. Childhood vaccines are available at your family doctor, Aboriginal Medical Service or at some council immunisation clinics. Routine childhood vaccines are free wherever you choose to take your child, but your GP may charge a consultation fee.

The following table shows the age at which immunisation is due and the diseases concerned.

birth	hepatitis B
6 weeks	diphtheria, tetanus, pertussis, haemophilus influenzae type B, hepatitis B, polio pneumococcal rotavirus
4 months	diphtheria, tetanus, pertussis, haemophilus influenzae type B, hepatitis B, polio pneumococcal rotavirus
6 months	diphtheria, tetanus, pertussis, haemophilus influenzae type B, hepatitis B, polio pneumococcal
12 months	haemophilus influenzae type B, meningococcal C measles, mumps and rubella
18 months	measles, mumps and rubella varicella diphtheria, tetanus, pertussis
4 years	diphtheria, tetanus, pertussis, polio

At risk groups: 6 months and over with medical risk conditions Aboriginal 6 months to less than 5 years pregnant women	influenza
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