

Supporting children to develop physical health and wellbeing

The important adults in children's lives influence their development when they interact with them. Each interaction stimulates the child's developing brain and builds the foundations for their future.

Adults can support children's physical development, health and wellbeing in lots of ways. Look at the ideas below to think about how you can make a positive impact.

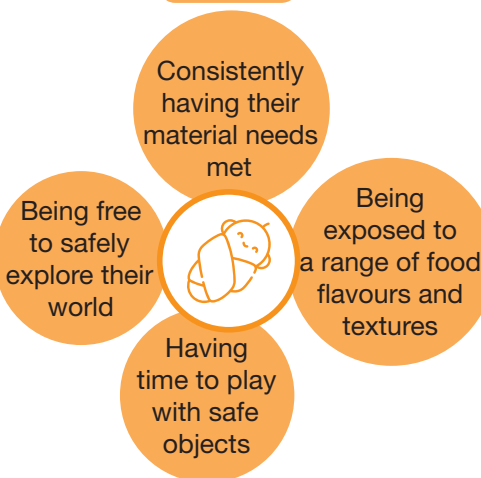


PHYSICAL HEALTH AND WELLBEING

Children learn best when they are healthy, independent and physically ready for each day.

Children learn to take care of their health by:

BABIES



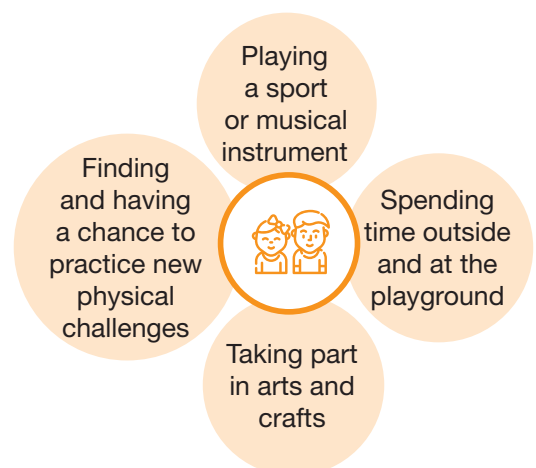
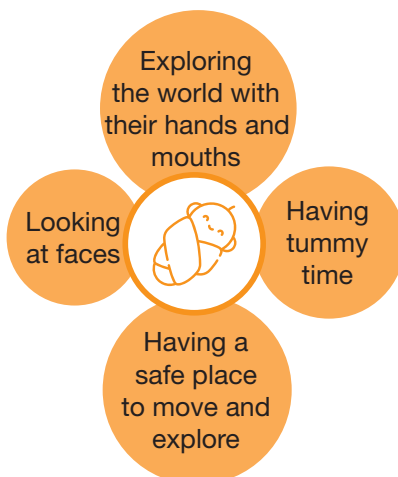
TODDLERS



CHILDREN



Children learn to use all their muscles (the big and small ones) by:



Parents can best support children's development in physical health when they:

- Have social support
- Have access to areas for outdoor play
- Have access to health services
- Have access to affordable healthy food

Where you can get more information:



playgroupaustralia.org.au
www.healthy-kids.com.au

Who can help:

- Connect to your local playgroup
- Talk to your children's early years educators about your child's development, their success and their struggles
- Talk to your maternal child health nurse, GP or an occupational therapist or physiotherapist