A.B.C. Connect with me

Help your child thrive from pregnancy to five.

A ANTENATAL

- The health of mum and family during pregnancy can affect your baby. This includes how they grow, develop and their future wellbeing.
- The brain grows **a third of its weight** during the last five weeks of pregnancy. Every week of pregnancy counts.

B BRAIN DEVELOPMENT

- Having a nurturing relationship with your child is important for building healthy brains. This starts during pregnancy.
- Blue Book checks and immunisations ensure that your child is healthy and growing well.

C CHILDHOOD EXPERIENCES

- Your child will flourish when they are given opportunities to learn through play.
- Your child's future health and development can be affected by toxic stress.

The time from pregnancy until your child starts school has a life-long effect.

Your child's development at **22 months** can predict their education outcomes at 26 years.

90%

of your child's brain development happens **before the age of five.**

High-quality early childhood education gives your child the best start in life.

A.B.C. Connect with me

NSW Health

Help your child thrive from pregnancy to five.

WHY?

What happens in these first 2,000 days of life can affect the next

30,000 days!

- Physically
- Cognitively
- Socially
- Emotionally

WHAT?

Healthy social and emotional development:

- Helps your child's future health and wellbeing
- Provides a safe environment for them to play, explore and learn
- Supports them to form trusting relationships
- Helps them to understand and manage their emotions and behaviour
- Builds resilience
- Guides them to be nurturing role models for the next generation.

Learn the Signs. Act Early!

- Record your child's health, growth, development and immunisations.
- Visit a child and family health nurse or your doctor for your child's Blue Book checks.
- There are 8 checks from birth until 4 years of age.

HOW?

- LOVE
- TALK
- SING
- READ
- PLAY

Your child's first 2000 days of life shapes their future.

MAKE THEM COUNT

NSW GOVERNMENT