

Play
Learn
Grow

Go
exploring
together



Go exploring together

Exploring the world gives your child the chance to learn, move and connect with others. What is familiar to you can be a new adventure for your child.

- What can you and your child see? Go outside, look around you and talk about what you see.
- Try out new experiences with your child to help build their confidence—take a ride on a bus or tram or visit a new park together.
- Play together with books, sand, music, paint—talk about them as you go.
- What sort of pretend games does your child like to play? Help them to explore—their imagination will take them places!

For more information, talk to your Maternal and Child Health nurse, call **13 22 29** or visit **raisingchildren.net.au**