

Play
Learn
Grow

We're
making
more than
just cake



JF

We're making more than just cake

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**