let's start parent-child program



Training Resource



menzies school of health research | The Centre for Child Development and Education

let's start parent child program

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Aboriginal and Torres Strait Islander people should be aware that this document may contain images or names of people who have since passed away.

Who we are

The Centre for Child Development and Education (CCDE) is a trans-disciplinary research institute committed to providing leadership and driving change to improve the lives of Indigenous and non-Indigenous children through better health, education and wellbeing.

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Early childhood development

The first years of a child's life are very important.

In the early years we can give children the best start to life to help them to grow up strong and healthy.



Skills for play

- Be at the same level with the child (physically)
- Follow what they are doing
- Do not tell the child what to play with or how to play with it
- Do not take over the child's activity
- Show the child you are watching and listening



Children feel important when adults show interest in what they are doing.

Being there

- Show the child you are interested
- Be at the same level as the child

Child lead

- Watch and learn what the child is thinking and feeling
- This might tell you what the child needs

Tracking

- Using words or actions to follow what the child is doing (describe what you see)
- This shows them that you care

Limit setting

- Acknowledge the child's feelings or wants
- Identify the limits
- Offer alternatives

Observation

- Watch the child and think about what they are doing and why they are doing it

Self-observation

- Think about how you feel
- Your feelings can stop you from seeing what children are feeling or what they want to do



Children learn from how other people respond to them.