



# LEARN THE SIGNS. ACT EARLY.

Your child's early development is a journey.



**START HERE**



MY PERSONAL HEALTH RECORD contains more information on the milestones. Share your child's progress and any concerns with your child and family health nurse or general practitioner at every visit. Don't wait. Acting early can make a real difference! To find your local Child and Family Health Centre go to [www.health.nsw.gov.au/child-family-health-services](http://www.health.nsw.gov.au/child-family-health-services).

For more ideas on spending time with your child, go to Love, talk, sing, read, play. <http://itsrp.resourcingparents.nsw.gov.au/>