



From the time they are born children need to know they are loved, and that people will care for them.

Healthy food, warm clothes and a comfortable home are very important to help children grow - but they are not enough in themselves.

LOVE and CARE

Babies and young children need lots of kisses and cuddles. Talking and singing works well too.

Even tiny babies respond to communication and will know they are important to you.

Holding baby when bottle or breast feeding with lots of eye contact is important. Babies know they are special if, when being fed, they get lots of smiles and it is a stress free time.

It is important to help make ALL children feel SAFE and secure. This is a very important part of caring.

SHOW RESPECT

All children need to be treated as individuals in their own right.

We should respect their feelings and encourage them to talk about them.

We should be aware that the way they feel may be different to the way we feel.

We need to set a good example to our children in our everyday lives - children learn from adults how to behave as they grow.

SOME GOOD EXAMPLES

Adults who show respect for others and for children in their care have set sensible limits that are in line with the child's age and stage of development.

Talking with children and listening to their joy and problems is a good way to show children we care.

Parents showing affection for each other provide a good lesson in living.

Sharing our thoughts with our children makes them feel needed.

All children love to have their say. Sharing meals at the table is a great way to encourage discussion.

Supporting children in their chosen sport or activity shows we care.

Children need to feel good about themselves and adults can help by:

- a) praising them and letting them know they are loved and needed (ESPECIALLY when we think they do not deserve it!):
- b) praising them when they try to help, as well as when they do things well:
- c) even little jobs need to be noticed as children need to feel useful:
- d) setting aside some time each day to spend with children such as going to the park or reading a story:
- e) listening to them and remembering what is important to them shows children we care:
- f) no matter how independent we want our children to be, we need to let them know we will always be there to offer comfort and support:

Every CHILD has the right to be loved and cared for and to feel safe in and out of the home and in their home environment.

Children Grow with LOVE and CARE

Care for Yourself

It can be hard to show care for others when things are not going well.

Make sure you have a support network.

If you need help or someone to talk to, you can contact:

The Parent Helpline in your State or Territory

Your local doctor

Your local community health nurse or Early Childhood Health Service.

OR

Look under the Community "HELP" pages in your telephone directory