



What do we know about the early years?

- You can't spoil a baby in their first year. Babies learn through trust and do this by feeling safe. You can help develop this by being predictable and being there when they need you.
- Babies with strong positive bonds to their caregivers have been found to learn better and cope better with stressful situations.
- All babies' brains are similar at birth. Experiences, both good and bad, define how they develop, socially, emotionally and intellectually.
- Children learn from watching and copying. Good role models are kind, affectionate, consistent and predictable.
- The best toy is a caring adult who pays attention to a child's cues, engages with them, and plays with them using words, songs, touch and smiles.
- Play helps children develop the skills they will need later on in life. Through play that involves them doing things themselves, children use and build knowledge.

Find out more tips at www.melvillecity.com.au/earlyyears