

Children's development

Did you know that a child's physical, social, emotional, and spiritual health, as well as their cultural knowledge, are all linked to their parents' wellbeing? It's true! As parents, we feel happy and proud to watch our gundoos grow and develop, but it's important for us to make sure we're doing everything we can to support them.

“What gives me the most joy is seeing the children grow and develop, seeing my grandchildren grow and develop, just checking in on their wellbeing you know and staying positive.”

Children's development starts at home, but it's also supported by other role models outside of the home, like family, community members, peers, Elders, and even day care, school, and health services. It really does take a whole community to raise our gundoos.

Now, all children are different and grow at different rates, so the challenge is to help each child reach their potential by giving them all the support and opportunities we can. There are a few things we can do to promote our gundoos' development.

First, we can be there for them by listening, talking, reading, playing games, and giving physical affection. They learn from us, and we're building strong relationships.

We can also help them grow by giving them interesting things to do, helping them learn to do things for themselves, giving clear instructions and limits, and praising them for their efforts.

Children learn by watching us, so it's important to set a good example and show them how we'd like them to talk to others and show respect for people, things, and the environment.

It's also important to tune in and be aware of our gundoos' feelings so we know if they're feeling big emotions like frustration, anger, or disappointment. We can talk about it and let them know it's okay to feel frustrated or sad, and help them learn to respond in a way that helps them and doesn't hurt others.

We shouldn't wait for something to be wrong with our gundoos, just have routine health checks. Our local child health nurse can show us how well our child is growing and developing. To prevent problems getting worse, early wellbeing check-ups can lead to early intervention... early in the life of the child and early in the life of any health and wellbeing issues.

Finally, programs supporting parents can promote children's development. Look for positive parenting programs available in the community, through home visits, in groups, or individual appointments.

Parents are the first teachers of our children. As parents, we can promote our gundoos' development by having regular wellness check-ups, engaging in local programs, and maintaining strong family relationships.

So, catch your gundoo doing something you like and praise them up today!