



Feed me fruit and vegetables often.



Only breast milk is needed for the first 6 months. Then, keep breastfeeding me until I am 2 years or more.



I need to play with others to learn how to share and make friends.

Caring, hugging and comforting help me learn to love.



I have feelings too. Help me learn to cope and build good behaviour by providing structure, routine and praise.



I need a safe place to live and play.

# EARLY YEARS MATTER

## Tips for Healthy Development



My baby teeth need cleaning twice a day too. Get my teeth checked by 12 months.

If you have concerns, don't "wait and see". Help is available.



Play is important for building confidence, creativity and problem solving. Play with me every day.



Get my eyes tested at 6 months. It is free until I turn 20 years old.



Get my hearing tested at birth.



Play and exploration help my "small muscles" to develop. Give me opportunities to grasp, pick up and hold small objects every day.



I need to build a strong body – from tummy time to crawling, walking, running, jumping and climbing.



Talking starts early and I learn from you. Talk and sing with me all the time.



I love it when you read to me every day.

Use the "Nipissing" (NDDS), a simple checklist to see if your child is meeting important milestones.

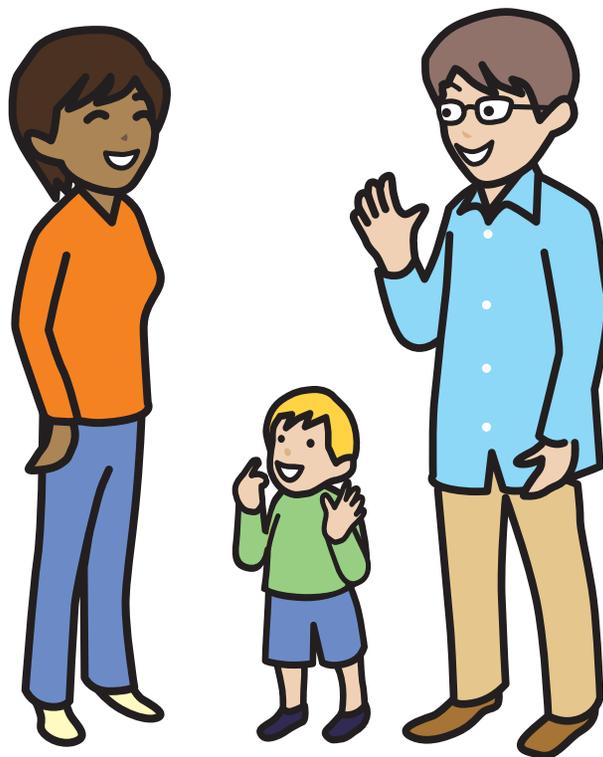
# YOUR PARTNERS IN PARENTING

If you have any concerns or questions, talk to your family doctor!

## The Nipissing District Developmental Screening Tool

[www.ndds.ca](http://www.ndds.ca)

A simple checklist designed to help you monitor your child's development from birth to 6 years, along with suggested tips and activities.



### thehealthline.ca

Health services for southwest Ontario

### Health Connection 519-850-2280

Monday to Friday from 8:30 a.m. - 4:30 p.m.

[www.healthunit.com/health-connection](http://www.healthunit.com/health-connection)

### Let's Grow - Parenting e-newsletter

[www.healthunit.com/lets-grow](http://www.healthunit.com/lets-grow)

### www.healthybabyhealthybrain.ca

Tips to support baby's brain development

### tykeTalk 519-663-0273

[www.tyketalk.com](http://www.tyketalk.com)

### Eye See... Eye Learn®

[www.eyeseeeyelearn.ca](http://www.eyeseeeyelearn.ca)

### Find a Family Doctor

[www.oma.org/Pages/FindaDoctor.aspx](http://www.oma.org/Pages/FindaDoctor.aspx)

### Familyinfo.ca

Your first step for early years information for London and Middlesex with links to:  
Licensed Child Care  
Ontario Early Years Centres  
Family Centres  
& other local programs and resources

### Public Libraries

[www.londonpubliclibrary.ca](http://www.londonpubliclibrary.ca)

[www.middlesex.library.on.ca](http://www.middlesex.library.on.ca)

### www.thisisliteracy.ca

Tips to make literacy an everyday activity

### Parenting Information, Resources & Programs

[www.iparent.net](http://www.iparent.net)

Your child's teacher and school

**Every home needs ... talking, singing, reading, playing, writing and loving in a safe environment with a consistent routine.**

**Keep books, toys, puzzles, paper, crayons and hugs within easy reach!**