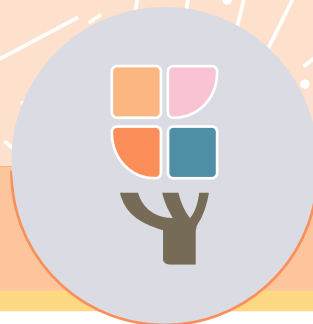


National Best Practice Framework for Early Childhood Intervention



Growing and learning –
a guide for **families**

Helping your child grow and learn

All children, including those with developmental concerns, delays or disabilities, need love, support and the chance to learn new things. Here are some simple ways you can help every day:

Play, laugh, connect

Spending time playing, cuddling and talking with your child helps their brain and body grow. The more you connect, the more they thrive.

Focus on strengths

Start with what your child can already do and build from there. This boosts their confidence and helps them learn new skills.

Talk and listen

Talk to your child about everyday things and listen when they communicate in any way—words, pictures, gestures or sounds. It shows them they're understood.

Use daily routines

Daily routines help children feel safe and give them chances to practice new skills.

Use helpful tools

Specialist equipment or changing the space at home or in their classroom can help your child move, sit, or communicate.

Work with your team

You know your child best. Share what's working and what matters to your family. Together with professionals and teachers, you can create the best support for your child.

Helping your child grow and learn

Find balance

Make time for fun, rest and being together as a family. These moments are just as important as early childhood intervention.

Take care of you

Hearing your child has a delay or disability can feel overwhelming. It's OK to feel unsure. Looking after your own wellbeing helps your whole family.

Connect with others

Talking with other families in similar situations can be a big help. There are many ways to connect—online or in person, with all kinds of groups.

What is early childhood intervention?

Who is it for?

Early childhood intervention supports families raising children with developmental concerns, delay or disability (from birth up to 9).

What does it include?

Early childhood intervention services are provided by a range of professionals, for example speech pathologists, occupational therapists, physiotherapists or psychologists. In this guide we call them *practitioners*.

Who is involved?

Practitioners work closely with families, your child, and other important people in your child's life.

What is the aim of early childhood intervention?

To help your child grow, learn, and enjoy life and help you as a family best support your child's development.

The National Best Practice Framework

This guide is based on the National Best Practice Framework for Early Childhood Intervention.

The framework helps you know what to expect from early childhood intervention.

The framework will help you feel confident that you're doing the best for your child.



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Practitioners are only a small part of the week. The big changes happen in everyday moments.

Where can I find more information?

You can find more information about the National Best Practice Framework for Early Childhood Intervention online here:

<https://healthy-trajectories.com.au/eci-framework/>

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