

## It's the everyday things you do with your child that make a difference

**You can make your child's world rich in sound by:**

- Talking with them about the everyday things you are doing
- Making music with household objects
- Singing songs and rhymes
- Reading to them
- Playing music

You can provide lots of touch and movement through:

- Cuddles and massages
- Rocking and patting games
- Clapping, tickling games
- Felling a variety of textured materials

You can provide your child with opportunities to mouth, chew, lick and suck by:

- Offering foods with a variety of tastes, textures and shapes
- Allowing them to suck their fingers or toes
- Providing safe objects to suck / teeth on

**You can make your child's world rich in visual sights by:**

- Placing a colourful mobile over your baby's change table
- Playing near bright coloured objects or lights
- Playing games like "Peek a boo" and "round and round the garden like a teddy bear"
- Passing or throwing a ball to them

### Parents Learning About You (PLAY)

A series of 4 DVD's for parents of children 0 to 5 years.

This series looks at how everyday activities can be used to enhance a child's development.

The program includes different ways children play, how children learn language and communication skills throughplay, and how parents can assist children to learn new skills.

These and other invaluable resources can be ordered through the Ngala website [www.ngala.com.au](http://www.ngala.com.au)

Expose your child to a variety of:

- Familiar cooking smells
- Food smells and herbs
- Familiar body smells
- Garden smells



### Education

Ngala provides 2 hour education sessions for parents to be, parents, grandparents and carers.

We can also organise a tailored education session especially for your parent group, child care centre or play group.



**Contact Ngala on 9368 9368  
or visit [www.ngala.com.au](http://www.ngala.com.au)**



## Babies and children learn about the world through their senses

### Sight

Through Sight your baby / child will learn to:

- Develop hand eye coordination
- Develop physical skills
- Judge how far away objects are



### Sound

Sound and voices will help your baby / child to:

- Tell one sound from another
- Recognise familiar voices and sounds that soothe and stimulate
- Attach a feeling to a sound
- Learn words and how to have conversations
- Develop thinking and intelligence



### Taste

Through Taste your baby / child will learn to:

- Speak
- Feel secure and comforted
- Develop an awareness of food
- Develop hand eye coordination
- Recognise hunger and fullness



### Smell

Through Smell your baby / child will learn to:

- Attach a feeling to a smell
- Feel safe and comforted



### Touch & Movement

Touch & Movement will help your baby / child to:

- Develop feelings
- Develop thinking skills
- Develop physical skills
- Relax and settle
- Grow



Contact Ngala on 9368 9368  
or visit [www.ngala.com.au](http://www.ngala.com.au)