

Table C1 List of PFL Tip Sheets

Tip Sheets	Pre-birth – 12 months	12 – 24 months	24 – 48 Months
Cognitive Development	Milestones 0-6 months, Milestones 6-12 months; Cognitive Development 0-3 months; Cognitive Development 3-6 months; Cognitive Development 6-12 months; Playing and learning; Hand-eye coordination 0-6 months; Hand-eye coordination 6-12 months; Language development 0-3 months; Language development 3-6 months; Language development 6-12 months; Developing movement 0-6 months; Developing movement 6-12 months	Milestones 12-24 months; Movement; Listening and Talking; Listening and Talking 2; First steps towards learning to read; Stories and books; First steps towards learning to write; First steps towards learning numbers; Learning through play; Messy play; Playing outdoors; Action rhymes 2	Getting Ready for Maths; Getting Ready for Writing; Children and Art 1; Children and Art 2; Children and Art 3; Basic Skills for School: Using Scissors; Basic Skills for School: Drawing Shapes; Basic Skills for School: Getting Dressed; Basic Skills for School: Hop, Skip and Jump; Basic Skills for School: Managing a Lunch Box; Basic Skills for School: Tying Shoelaces; Encouraging your Toddler’s Play; Play; Sand Play; Water Play; Play Dough; Developing your Child’s Language; Reading Together; Music and Learning; Milestones for 2 Years; Milestones for 3 Years; Developing Vocabulary1; Developing Vocabulary2; Developing Vocabulary3; Developing Vocabulary4; Developing Vocabulary5; Developing Vocabulary6
Social & Emotional Development	Circle of repair, Circle of trust; Circle of security; Getting to know your baby pre-birth; Getting to know your baby 0-3 months; Attachment; Secure base; Social and emotional development confidence 0-12 months; Getting to know your baby0-3 months communicating; Getting to know your baby 0-3 months regulation; Mutual gaze; Getting to know your baby 0-3 months tired signs; Getting to know your baby 0-3 months siblings; Social and emotional development 6-12 months	Child parent relationship; Self-awareness; Fear; Self-assertion; Temper tantrums; Learning to play; secure base; What is it like to be 12 months; What is it like to be 13 months; What is it like to be 14 months; What is it like to be 15 months; What is it like to be 16 months; What is it like to be 17 months; What is it like to be 18 months; What is it like to be 19 months ; What is it like to be 20 months; What is it like to be 21 months’ What is it like to be 22 months; What is it like to be 23 months; What is it like to be 24 months	Caring and Sharing; Emotions; Expressing Emotions; List of Feeling Words; Creative Play; Social Skills; Disobedience; Friendships; Hurting Others; Giving Praise; Lies; Nightmares; Role Play 1; Role Play 2; Self Esteem; Separation Problems; Tantrums; The Toddler Years; Whining; Being Three; Being Four; ADD & ADHD; Sharing; Biting; Feeling Wheel
Rest & Routine / Parenting supports	Routine, Rest during pregnancy; Crying, Sleep 0-6 months; Cot death; Sleep chart; Daily routine; Sleep 6-12 months; Family planning; Extra supports for parents; Support agencies 1; Support agencies 2; Relationships mam dad baby; Relationships quality time; Relationships mam and dad; Relationships making changes; Postnatal depression; Preparing for labor; Labor; Labor birth plan; Labor and delivery; After the birth; Different types of families; Work, leave and entitlements	Routine 1; Routine 2; Daily routine; Sleeping and crying; Exercise; Looking after yourself 1-2 years; Especially for Mams and Dads; Supports	Bedtime Routine; Sleep Diary; Toilet Training

<p>Nutrition</p>	<p>Nutrition during pregnancy – portion size; Nutrition during pregnancy – weight gain; Nutrition during pregnancy – nutrients; Food safety; Managing common complaints; Breastfeeding; Breastfeeding patterns; Breastfeeding getting started; Breastfeeding expressing; Storing breastmilk; Formula feeding how much; Formula feeding advance preparation; Weaning to solids introduction; Weaning to solids chart; Weaning to solids tips; Weaning to solids drinks; Spoon feeding questions</p>	<p>Allergies and constipation; Food groups; Fussy eating; General freezing and thawing; Getting the balance right; Hygiene in the kitchen; Iron and calcium; Making most of mealtimes; Recipes for children; Sample meal planner; Shopping guide; Smart drinks for smart kids; Suitable snacks; The food pyramid; Pureed recipes for children; A diary of food; Twelve ways to disguise vegetables, Be sugar smart</p>	<p>Food Groups 1; Food Groups 2; Food Groups 3; Shopping and Labels; The Food Pyramid; Iron; Healthy Eating Recipes; Meal Planner; Healthy Eating for Teeth; Healthy Lifestyle for Children; Mealtimes</p>
<p>Safety & Supervision</p>	<p>Smoking; Alcohol; Drug use; Domestic violence; Immunizing; Baby health; Travelling in a car, Caring for your baby, Childhood illness 0-6 month, Temperature; Keeping baby safe 0-6 months; Teething; Keeping baby safe 6 months – 2 years; Kid safe rooms; Childhood illness 6-24 months</p>	<p>Travelling in the car; Baby’s health; Teething; Keeping baby safe 6 months – 2 years; Kid safe rooms; Childhood illness 6-24 months; Basic first aid; Caring for your child’s teeth; Playing with toys; Teaching your child safety; Head lice; Soothers</p>	<p>Television 1; Television 2; Television 3; Soothers; Thumb-sucking; Passive Smoking; Family Holidays</p>

Example of PFL Tip Sheet



Listening and Talking

Children get better at talking when they are given lots of chances to listen, and also to use words. You can make this fun for yourself and your child.

Things you can do to help your child:

- Listen together and name some of the sounds you hear around you



Sounds around us

Indoors:

- ✓ tap running
- ✓ radio and TV
- ✓ baby crying
- ✓ children playing
- ✓ washing machine

Outdoors:

- ✓ plane overhead
- ✓ car, bus, train
- ✓ wind in the trees
- ✓ someone calling
- ✓ birds or insects



- Play 'I hear with my little ear' something that goes 'woof' (or 'miaow'.)
- Say an alphabet sound and help your child to find something that starts with that sound, e.g. *b* for ball; *s* for sock; *d* for doll.
- Make up rhymes or songs about everyday activities that your child is doing.
- Sing or read nursery rhymes.