



Putting Children First

Elders, family, services and community supporting our kids each step of the way. Showing leadership and guidance so that the path is never broken and remains strong and healthy.



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NATIONAL CHILD PROTECTION WEEK
6-12 September 2020

SUPPORTED BY: DEPARTMENT OF SOCIAL SERVICES

NAPCAN PREVENT CHILD ABUSE & NEGLECT
www.napcan.org.au

BUILDING BRAINS WITH 'MEANINGFUL MOMENTS'

Children thrive when parents and carers have the support they need. This includes having simple reliable information about how we can create the meaningful moments that help young children's brains to grow.

Positive development and learning in the early years pave the way for children's good health and wellbeing, now and throughout their lives.

And the good news for busy parents and caregivers is that meaningful moments can happen anywhere and anytime (and are scientifically proven to work!).

Here are three easy ideas to start with, using this art activity:



Ask children 'What colour have you used in your drawing?'.
Then ask 'What other things are that colour?'.
Take it in turns and see how many things you can think of.



Talk about the artwork on the front of this page and what it means.
Choose part of the image as the starting point to make up your own story.
For instance, begin with 'Once upon a time, there was a winding path...' .
Encourage children to continue the story. Take turns adding to it.



Turn cleaning up into a game. For instance, when wiping the table with a damp cloth, suggest children try wiping in different ways. Maybe start with long lines from top to bottom. Then try making a zigzag. Then circles. See what they can think of, too!

Like these ideas? **The Bright Tomorrows** app provides more than 1000 easy ideas to create meaningful moments for children aged 0 - 5.



Download for free at



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