

Please enable JavaScript in order to get the best experience when using this site.

- [Site Navigation](#)
- [Page Content](#)

#### [Menu](#)

[State Government Victoria](#) [Better Health Channel Logo](#)

#### [Caret](#)



- 

### [Health.vic](#)

[Victoria's hub for health services and business](#)



- 

### [DHHS](#)

[A gateway to the strategies, policies, programs and services delivered by the Department of Health & Human Services.](#)



- 

### [Seniors Online](#)

[Victorian government portal for older people, with information about government and community services and programs.](#)

[Show search toolbar](#)

[Contrast](#) [Sign Up](#) [Login](#)

Search




Type a minimum of three characters then press UP or DOWN on the keyboard to navigate the autocompleted search results

## Navigation

[Home](#) [Close Menu](#)

- - [Conversation-Going-travelling](#)
- [Conditions and treatments](#)
  - [Conditions and treatments](#)
    - [Allergies](#)
      - [Allergies](#)
        - [Allergic reaction to packaged food](#)
    - [Anxiety](#)
    - [Arthritis](#)
    - [Asthma](#)
    - [Behavioural conditions](#)
    - [Birth defects](#)
    - [Blood and blood vessels](#)
    - [Bones muscles and joints](#)
      - [Bones muscles and joints](#)
        - [Foot care - podiatrists](#)
    - [Brain and nerves](#)
    - [Cancer](#)
    - [Complementary and alternative care](#)
    - [Dementia](#)
  - [Healthy living](#)
    - [Healthy living](#)
      - [Alcohol](#)
      - [Babies and toddlers \(0-3\)](#)
      - [Children \(4-12\)](#)
      - [Drugs and addictive behaviours](#)

- [Environmental health](#)
- [Family Violence](#)
- [Older people in hospital – Get well soon](#)
- [Health checks](#)
- [Healthy Eating](#)
  - [Nutrition for life](#)
- [Healthy mind](#)
- [Healthy pregnancy](#)
- [Immunisation](#)
- [Services and support](#)
  - [Services and support](#)
  - [Aged care services](#)
  - [Alcohol and drug services](#)
  - [LGBTI support](#)
  - [Carers, caring and respite care services](#)
  - [Child, family and relationship services](#)
  - [Disability services](#)
  - [Emergency, crisis and support services](#)
  - [End of life and palliative care services](#)
  - [Hospitals, surgery and procedures](#)
  - [Mental health services](#)
  - [Planning and coordinating healthcare](#)
  - [Pregnancy and birth services](#)
- [A-Z](#)
  - [A-Z](#)
  - [Conditions and treatments](#)
  - [Healthy living](#)
  - [Services and support](#)
  - [Videos](#)
  - [Service profiles](#)
- [Blog](#)
  - [Blog](#)
  - [Blog authors](#)
  - [Topics](#)
- [Podcast](#)
  - [Podcast](#)
  - [Influenza - Dr Brett Sutton & Prof Kanta Subbarao](#)
  - [Trauma - Anne Leadbeater OAM & Dr Rob Gordon](#)
  - [template](#)
- [Other sites](#)
  -  [Health.vic](#)  [DHHS](#)  [Seniors Online](#)
- [Sitemap](#)
- [My Health Life](#)
- [Facebook](#)
- [Googleplus](#)
- [Twitter](#)
- [Youtube](#)
- [Rss](#)
- [Conditions and treatments](#)
- [Healthy living](#)
- [Services and support](#)
- [A-Z](#)
- [Blog](#)
- [Podcast](#)



[Back to Children \(4-12\)](#)

- [Home](#)
- [Healthy living](#)
- [Children \(4-12\)](#)
- [Children and literacy](#)

## Children and literacy

- [Share \(show more\)](#)
- [Download PDF](#)
- [Listen \(show more\)](#)
- [Listen](#)
- [More \(show more\)](#)
  - [Email](#)
  - [Print](#)

Tags:

- [Children \(4-12\)](#)
- [Children \(4-12\) - Behaviour and learning](#)

## Summary

- Your child is literate if they know how to use language with confidence.
- You are your child's most influential teacher and can encourage them in many ways to enjoy speaking, listening, reading and writing.
- The first five years of schooling are the most important in laying the foundation of literacy.

Literacy is the basis of your child's learning. Your child is literate if they know how to use language with confidence. This includes speaking, reading and writing.

Literacy skills begin in the pre-school years and are built on throughout the school years. You are your child's most influential teacher and can encourage them in many ways to enjoy speaking, listening, reading and writing.

## Speaking and listening

You can help your child develop listening and speaking skills in many ways. Suggestions include:

- Encourage conversations with your child. Be an example of how to listen and take turns speaking.
- Take the time to listen to your child's stories without interrupting, correcting or judging.
- Include your child in family discussions and appropriate decision making such as what to do together at the weekend.
- Expose your child to various types of music, theatre and cinema.
- Explain and model social etiquettes of conversation, such as not to interrupt when someone is talking or how and when to use titles such as 'Mr', 'Ms' or 'Aunty'.
- Model active listening skills such as allowing the child to finish what they are saying and cueing into body signals of the child to assist them to talk.

## Reading

You can help your child develop reading skills in many ways. Suggestions include:

- Lead by example and allow your child to see you regularly reading newspapers, books and magazines.
- Encourage your child's reading by showing them how to find information that is of interest to them. This may include television guides, dictionaries, cookbooks and the sports pages of newspapers.
- Play word-oriented games with them.
- Have plenty of books appropriate to your child's reading level in the house.
- Be prepared to allow children to read books that you may not think are of great literary value. It is important to encourage a love of reading first and this is best done by allowing the child to choose what they read.
- Read stories together.
- Let your child read and choose from the menu when out for a meal.

## Writing

You can help your child develop writing skills in many ways. Suggestions include:

- Lead by example. Allow your child to see you regularly writing for different reasons – letters, thank you notes, Christmas and birthday cards, lists – or filling in forms.
- Make sure your child has plenty of their own writing materials, such as their own paper, pens, textas and pencils. Where possible, let them choose their own writing material and create a special place for their 'writing'.
- Encourage them to start their own journal to record their activities, thoughts and special occasions.
- Give your child time to practise using a computer. Let them teach you what they know about the computer and display their ability to use its many programs.
- Ask your child to make and decorate cards for birthdays, to say 'thank you' or for other celebrations and occasions.

## Inform other carers

Maintain consistency for your child by informing other carers such as childcare staff, pre-school teachers or babysitters of your child's developing literacy skills. Ask to be kept informed of your child's progress and interest in speaking, reading and writing.

## Early Years Services

Research shows that the first five years of schooling are the most important in laying the foundation of literacy. The Victorian Department of Education and Early Childhood Development is working to improve child literacy through the Early Years Literacy and Numeracy programs, which monitor and assess every Victorian child. Using national literacy benchmarks as a guide, a child can be given extra help or extra challenges. Parents are encouraged to take an active role in their child's learning and progress.

## Working with your child's teachers

Research shows that when parents and teachers work together, children are much happier and settled in the education setting. You can improve and support your child's developing literacy skills by working in partnership with their teachers. Some suggestions include:

- Get to know your child's teacher.
- Inform the teacher about your child's life at home and learn what is going on in your child's early childhood or school setting. Maintain an open dialogue about all aspects of your child's learning, including any concerns you may have about your child's progress.
- If possible, involve yourself in your child's early childhood and school life by offering to help out in areas where you feel comfortable. Suggestions include assisting the learning in the room, helping to organise school fetes, joining the canteen roster or participating in the parent's club, committee or council.
- Support your child as much as you can by attending their special occasions such as concerts, sports days and presentations.
- Encourage your child to start their own out-of-school projects. Offer support only when asked.

## Where to get help

- Your child's early childhood service and school
- Victorian Department of Education and Training Tel. (03) 9637 2000
- Parentline Tel. 13 22 89

## Things to remember

- Your child is literate if they know how to use language with confidence.
- You are your child's most influential teacher and can encourage them in many ways to enjoy speaking, listening, reading and writing.
- The first five years of schooling are the most important in laying the foundation of literacy.

### References

- *More than reading and writing* [online], Child and Youth Health, South Australian Government. [More information here.](#)
- Australian Literacy and Numeracy Foundation Website. [More information here.](#)
- *Early Years Services – Communication, Language and Play Resources* [online], Department of Education and Early Childhood Development, Victorian Government. [More information here.](#)
- *Making the most of childhood* [online], Department of Education and Early Childhood Development, Victorian Government. [More information here.](#)

## Send us your feedback

- Rate this website
- Your comments
- Questions
- Your details

### 1/4 How would you rate this website?

- Excellent
- Good
- Average
- Fair
- Poor

[Next](#) [Submit Now](#) [Cancel](#)

## Send us your feedback

- Rate this website
- Your comments
- Questions
- Your details

Please note that we cannot answer personal medical queries.

If you are looking for health or medical advice we recommend that you:

- talk to your doctor or pharmacist
- dial triple zero (000) in an emergency
- ring NURSE-ON-CALL Tel. 1300 60 60 24.

### 2/4 Your Comments

Tell us who you are

Enter your comments below (optional)

[Next](#) [Submit Now](#) [Cancel](#)

## [Send us your feedback](#)

- [Rate this website](#)
- [Your comments](#)
- [Questions](#)
- [Your details](#)

### 3/4 Questions

What are you here to do?

Did you find what you were looking for?

- Yes
- No

[Next](#) [Submit Now](#) [Cancel](#)

## [Send us your feedback](#)

- [Rate this website](#)
- [Your comments](#)
- [Questions](#)
- [Your details](#)

### 4/4 Your details

Postcode

Email Address

[Submit Now](#) [Cancel](#)

## [Send us your feedback](#)

**Thank you. Your feedback has been successfully sent.**

## More information

### Children (4-12)

The following content is displayed as Tabs. Once you have activated a link navigate to the end of the list to view its associated content. The activated link is defined as Active Tab

- [Children basics](#)
- [Growth and development](#)
- [Behaviour and learning](#)
- [Healthy eating](#)
- [Keeping active](#)
- [Managing weight](#)
- [Care and wellbeing](#)
- [Identity and relationships](#)
- [Health conditions and complaints](#)
- [Safety](#)
- [Grief and trauma](#)

#### Children basics

- [Childhood immunisation](#)  
[Being immunised from an early age helps protect your child against serious childhood infections...](#)
- [Children and health services](#)  
[There is a range of subsidised and free health services, including services for mental health and dental health, available for children in Victoria...](#)
- [Children – keeping them active](#)  
[A young child is naturally active, so build upon their inclinations to use their body...](#)
- [Eating tips for school children](#)  
[Snacks are an important part of a healthy diet for active children, so offer nutritious as well as high energy snacks...](#)
- [Growth charts for children](#)  
[Babies and young children do not usually grow in a perfectly smooth way, but instead grow in 'bursts'...](#)

---

**betterhealth.vic.gov.au**

- [Immunisation – deciding which vaccines you need](#)

[Everyone's immunisation needs are different and are influenced by your health, lifestyle, age and occupation...](#)

- [Parenting services](#)

[Parenting is one of the most important tasks we undertake but it doesn't always come naturally...](#)

## **Growth and development**

- [Child development \(7\) - three to four years](#)

[Your child is starting to understand social skills like sharing and being kind, but they can only practise these skills for a short time while feeling safe and happy...](#)

- [Children's feet and shoes](#)

[A child learning to walk receives important sensory information from the soles of their feet, and shoes can make walking more difficult...](#)

- [Dyslexia](#)

[Dyslexia is a type of specific learning difficulty \(SLD\) in which the person has difficulties with language and words...](#)

- [Growing pains](#)

[Growing pains may cause a lot of pain but they are harmless and can respond to simple treatments...](#)

- [Growth and development - primary school children](#)

[Always see your doctor if you are concerned about your child's growth or weight...](#)

- [Growth charts for children](#)

[Babies and young children do not usually grow in a perfectly smooth way, but instead grow in 'bursts'...](#)

- [Growth hormone](#)

[Some athletes and bodybuilders wrongly believe that taking synthetic growth hormone will help build up their muscles...](#)

- [Immunisation history statements for children](#)

[By law, parents or guardians must provide an Immunisation History Statement when enrolling children in any childcare service, kindergarten or primary school in Victoria...](#)

- [Left-handedness](#)

[If your child is naturally left-handed, don't try to force them to use their right hand...](#)

- [Puberty](#)

[Adjusting to the many changes that happen around puberty can be difficult for both parents and young people...](#)

- [Teeth development in children](#)

[Teething symptoms are common in children and can be managed without medications...](#)

## **Behaviour and learning**

- [10 tips for managing sibling rivalry](#)

[Teach your children to sort out minor differences themselves... 10 tips for managing sibling rivalry...](#)

- [10 tips to prepare your child for high school](#)

[Visit the school before the school year starts ... 10 tips to prepare your child for high school...](#)

- [10 tips to raise an optimistic child](#)

[Be a positive role model ... 10 tips to raise an optimistic child...](#)

- [A Healthy Start to School](#)

[A Healthy Start to School – a guide for parents of children in their foundation year of school...](#)

- [A Healthy Start to School](#)

[A Healthy Start to School – a guide for parents of children in their foundation year of school...](#)

- [Anxiety and fear in children](#)

[You can help your child overcome anxiety by taking their fears seriously and encouraging them to talk about their feelings...](#)

- [Behavioural disorders in children](#)  
[Untreated behavioural disorders in children may mean they grow up to be dysfunctional adults...](#)
- [Bullying](#)  
[Parents can help with bullying by supporting their child and involving the authorities to find solutions...](#)
- [Children and literacy](#)  
[Your child is literate if they know how to speak, read and write their language with confidence...](#)
- [Children and sibling rivalry](#)  
[Sibling rivalry is a common problem, particularly among children who are the same sex and close together in age...](#)
- [Conduct disorder](#)  
[Children with untreated conduct disorder are at increased risk of problems including substance use, personality disorders and mental illnesses...](#)
- [Cyberbullying \(online bullying\)](#)  
[Cyberbullying \(or online bullying\) happens when technology is used to bully someone...](#)
- [Discipline and children](#)  
[Disciplining your child means teaching them responsible behaviour and self-control...](#)
- [Expressive language disorder](#)  
[Expressive language disorder means that a child has difficulty with verbal, written or other information...](#)
- [Left-handedness](#)  
[If your child is naturally left-handed, don't try to force them to use their right hand...](#)
- [Oppositional defiant disorder \(ODD\)](#)  
[Oppositional defiant disorder is a childhood behavioural problem characterised by constant disobedience and hostility...](#)
- [Peer pressure](#)  
[Peer groups can be a very positive influence on your teenager's life...](#)
- [Receptive language disorder](#)  
[Receptive language disorder means the child has difficulties with understanding what is said to them...](#)
- [Sleep - children and nightmares](#)  
[Your child may have only a few scary dreams a year, or be troubled by nightmares much more often...](#)
- [Young children and communication](#)  
[Children thrive with words of encouragement and praise...](#)

#### **Healthy eating**

- [Body image and diets](#)  
[Some people diet because they have a poor body image, not because they want to be a healthy weight...](#)
- [Breakfast](#)  
[Children who skip breakfast may lack sufficient vitamins and minerals including iron, calcium, zinc and vitamin B2...](#)
- [Childcare and healthy eating](#)  
[Childcare centres should provide healthy meals for your children...](#)
- [Children's diet - fruit and vegetables](#)  
[If you eat and enjoy fruit and vegetables every day, your child may eventually follow your lead...](#)
- [Eating tips for preschoolers](#)  
[Children are able to decide how much food they need for activity and growth if allowed to eat according to their appetite...](#)
- [Eating tips for school children](#)  
[Snacks are an important part of a healthy diet for active children, so offer nutritious as well as high energy snacks...](#)

- [Food for sport - tucker talk tips](#)  
[Carbohydrate is the most important nutrient for athletes...](#)
- [Healthy eating – school lunches](#)  
[Simple ways to make your child's school lunch healthier...](#)
- [Healthy eating tips](#)  
[A good balance between exercise and food intake is important to maintain a healthy body weight...](#)
- [Lunch boxes - healthy ideas](#)  
[Healthy foods that are great for school lunch boxes...](#)
- [Lunch boxes - healthy shopping ideas \(video\)](#)  
[Victorian State Public Health Nutritionist Veronica Graham takes us shopping for the right foods to include in your child's lunchbox...](#)
- [Lunch boxes - how to make them healthy \(video\)](#)  
[Victorian State Public Health Nutritionist Veronica Graham shares three healthy and delicious lunchbox examples for the kids and provides some great food preparation tips to save you time throughout...](#)
- [Lunch boxes - menu planner](#)  
[By planning ahead, you can make sure that your child's lunch box has each of the six key elements of a healthy lunchbox...](#)
- [Lunch box tips](#)  
[Encourage children to help choose and prepare their own healthy snack or lunch...](#)
- [Soft drinks, juice and sweet drinks - children](#)  
[Encourage children to drink and enjoy water. Sweet drinks such as juice, cordial and soft drinks may cause health problems for children if consumed in large amounts...](#)
- [Sticking to New Year's resolutions](#)  
[New Year's resolutions and how to stick to them...](#)
- [Vegetarian diets and children](#)  
[Children can eat a vegetarian diet and stay healthy as long as their extra nutritional needs are met...](#)

#### **Keeping active**

- [Children – keeping them active](#)  
[A young child is naturally active, so build upon their inclinations to use their body...](#)
- [Food for sport - tucker talk tips](#)  
[Carbohydrate is the most important nutrient for athletes...](#)
- [Gardening for children](#)  
[Children can learn new skills, have fun and develop self-confidence when they grow their own plants...](#)
- [Healthy active Koori kids - tucker talk tips](#)  
[Good nutrition and physical exercise help to keep Koori kids healthy and avoid diseases when they get older...](#)
- [Parent's guide for active girls](#)  
[Physical activity is an important part of health and wellbeing, and girls should remain active as they grow up...](#)
- [Sport and children](#)  
[Make sure that some family outings offer opportunities for physical activity, such as playing sport together...](#)
- [Sticking to New Year's resolutions](#)  
[New Year's resolutions and how to stick to them...](#)

#### **Managing weight**

- [Body mass index \(BMI\)](#)  
[Body mass index or BMI is an approximate measure of your total body fat...](#)



- [Eating tips for school children](#)  
[Snacks are an important part of a healthy diet for active children, so offer nutritious as well as high energy snacks...](#)
- [Growth charts for children](#)  
[Babies and young children do not usually grow in a perfectly smooth way, but instead grow in 'bursts'...](#)
- [Obesity in children - causes](#)  
[Once children are overweight, it takes a lot of effort for them to return to a healthy weight...](#)
- [Obesity in children - management](#)  
[If your child is overweight, you can help by making healthier lifestyle choices for yourself...](#)
- [Overweight children - healthy lifestyle tips](#)  
[You can help your child to develop healthy patterns for life and avoid obesity...](#)
- [Parent's guide for active girls](#)  
[Physical activity is an important part of health and wellbeing, and girls should remain active as they grow up...](#)

#### Care and wellbeing

- [A Healthy Start to School](#)  
[A Healthy Start to School – a guide for parents of children in their foundation year of school...](#)
- [A Healthy Start to School](#)  
[A Healthy Start to School – a guide for parents of children in their foundation year of school...](#)
- [Childhood immunisation](#)  
[Being immunised from an early age helps protect your child against serious childhood infections...](#)
- [Children and health services](#)  
[There is a range of subsidised and free health services, including services for mental health and dental health, available for children in Victoria...](#)
- [Child safety in the car](#)  
[Taking care to restrain children correctly while travelling in a car is the best way to prevent injuries...](#)
- [Cyberbullying \(online bullying\)](#)  
[Cyberbullying \(or online bullying\) happens when technology is used to bully someone...](#)
- [Dental checks for young children](#)  
[Children should have an oral health check by the time they turn two...](#)
- [Immunisation history statements for children](#)  
[By law, parents or guardians must provide an Immunisation History Statement when enrolling children in any childcare service, kindergarten or primary school in Victoria...](#)
- [Immunisation in secondary schools](#)  
[Some immunisations are recommended for all Australian teenagers...](#)
- [Pain management \(acute\) - children](#)  
[If you think your child is in pain, always see your doctor for diagnosis and treatment...](#)

#### Identity and relationships

- [10 tips for managing sibling rivalry](#)  
[Teach your children to sort out minor differences themselves... 10 tips for managing sibling rivalry...](#)
- [A Healthy Start to School](#)  
[A Healthy Start to School – a guide for parents of children in their foundation year of school...](#)
- [A Healthy Start to School](#)  
[A Healthy Start to School – a guide for parents of children in their foundation year of school...](#)
- [Body image and diets](#)

[Some people diet because they have a poor body image, not because they want to be a healthy weight...](#)

- [Body image and young people - staying positive \(video\)](#)

[The pressure on young girls and boys to be physically perfect is creating an epidemic of children and teenagers with low self-esteem and negative body image. Reporter Flip Shelton introduces us to the...](#)

- [Body image – tips for parents](#)

[Give your child opportunities to appreciate their body for what it can do, rather than what it looks like...](#)

- [Bullying](#)

[Parents can help with bullying by supporting their child and involving the authorities to find solutions...](#)

- [Children and sibling rivalry](#)

[Sibling rivalry is a common problem, particularly among children who are the same sex and close together in age...](#)

- [Family violence and children](#)

[Children exposed to domestic violence are more likely to experience emotional and behavioural problems...](#)

- [Peer pressure](#)

[Peer groups can be a very positive influence on your teenager's life...](#)

### **Health conditions and complaints**

- [Asthma explained](#)

[Asthma cannot be cured, but with good management people with asthma can lead normal, active lives...](#)

- [Asthma in childhood - triggers \(video\)](#)

[Parents and children talk about some of the factors that can cause a child's asthma to flare up...](#)

- [Asthma in children](#)

[Understanding asthma triggers for your child can help to reduce the risk of an asthma attack...](#)

- [Back pain in children](#)

[Children with back pain may grow into adults with chronic bad backs, so it is important to encourage sensible back care...](#)

- [Bedwetting](#)

[Bedwetting is a problem for many children and punishing them for it will only add to their distress...](#)

- [Children and vomiting](#)

[Mild vomiting is normal in most babies and improves over time...](#)

- [Constipation and children](#)

[A healthy diet, plenty of fluids, exercise and regular toilet habits can help relieve constipation in children...](#)

- [Diabetes - issues for children and teenagers](#)

[Many parents worry when their child with diabetes starts or returns to school...](#)

- [Fever - children](#)

[Fever is a way in which the body fights infection. A fever is not dangerous and does not always indicate a serious illness...](#)

- [Gastroenteritis in children](#)

[Gastroenteritis or Gastro can be dangerous for very young babies. Gastro is common in young children and spreads easily. Gastro is a bowel infection which causes diarrhoea \(runny or watery poo\) and...](#)

- [Head lice \(nits\)](#)

[No product can prevent head lice, but regular checks can help prevent the spread...](#)

- [Immunisation history statements for children](#)

[By law, parents or guardians must provide an Immunisation History Statement when enrolling children in any childcare service, kindergarten or primary school in Victoria...](#)

- [Obesity in children - management](#)

[If your child is overweight, you can help by making healthier lifestyle choices for yourself...](#)

- [Pinworms](#)

[Despite the unsavoury reputation, a pinworm infection \(worms\) is relatively harmless and easily treated...](#)

## Safety

- [Animals and child safety](#)

[Children should always be closely supervised near animals and taught how to behave safely around pets...](#)

- [Bicycle safety and children](#)

[As they grow and develop, and with the help of adults, children become increasingly aware of how they can manage their own safety and become safer road and bicycle users...](#)

- [Burns and scalds - children](#)

[Most hot tap water scald injuries to children happen in the bathroom...](#)

- [Child safety and injury prevention](#)

[By making a few practical changes to your home, you can dramatically reduce the risk of injury to your child...](#)

- [Child safety – at home](#)

[The best way to reduce the risk of injury to children is to remove a potentially dangerous item or add a safety product...](#)

- [Child safety in the car](#)

[Taking care to restrain children correctly while travelling in a car is the best way to prevent injuries...](#)

- [Cyberbullying \(online bullying\)](#)

[Cyberbullying \(or online bullying\) happens when technology is used to bully someone...](#)

- [Farm safety – children](#)

[Children who live on farms are at greater risk of injury and death than their parents or other farm workers...](#)

- [Hot weather and child safety](#)

[Babies and children can quickly lose body fluids in hot weather, which can lead to dehydration...](#)

- [Internet safety for children](#)

[A child's digital footprint can be as easy to follow as their real footprints...](#)

- [Mobile phone safety for children](#)

[Teach your child strategies for responding to mobile phone bullying...](#)

- [Playgrounds and child safety](#)

[Play environments can be safe and beneficial for your child. With proper planning, you can make sure your child gets plenty of playtime activity...](#)

- [Poisoning and child safety](#)

[Call the Poisons Information Centre on 13 11 26 immediately if you suspect your child has been poisoned or given the wrong medicine or the wrong dose of medicine...](#)

- [Road and traffic safety for children](#)

[As they grow and develop, and with the help of adults, children become increasingly aware of how they can manage their own safety, and become safer road users...](#)

- [Scooters and child safety](#)

[Scooters can travel at fast speeds and falls and collisions are disturbingly common...](#)

- [Water safety for children](#)

[Toddlers are most at risk of drowning because they are mobile and curious but don't understand the danger of water...](#)

## Grief and trauma

- [Child Protection Service](#)

[Child Protection provides child-centred, family-focused services to protect children from harm caused by abuse within the family...](#)

- [Cyberbullying \(online bullying\)](#)  
[Cyberbullying \(or online bullying\) happens when technology is used to bully someone...](#)
- [Grief and children](#)  
[It can be difficult to talk to a child about death, but it is important to be honest with them...](#)
- [Grief – support services](#)  
[People who have support from family and friends are less likely to suffer poor health after bereavement and loss...](#)
- [Recent arrivals, asylum seekers and family support services](#)  
[Provides an overview of family support programs and health services available to refugees and asylum seekers living in Victoria...](#)
- [Trauma and children - two to five years](#)  
[Preschoolers may not have the words but will show their distress at traumatic events through changes in behaviour and functioning...](#)
- [Trauma and primary school age children](#)  
[Children look to their parents or carers to judge how to deal with a crisis...](#)
- [Trauma and teenagers - tips for parents](#)  
[Teenagers may turn to friends rather than parents for support in times of trauma and distress...](#)

### Related Information

- [A Healthy Start to School](#)  
A Healthy Start to School – a guide for parents of children in their foundation year of school...
- [A Healthy Start to School](#)  
A Healthy Start to School – a guide for parents of children in their foundation year of school...
- [Asthma explained](#)  
Asthma cannot be cured, but with good management people with asthma can lead normal, active lives...
- [Children and shyness](#)  
If your child's shyness is especially debilitating, you may like to consider professional help from a counsellor or psychologist...
- [Expressive language disorder](#)  
Expressive language disorder means that a child has difficulty with verbal, written or other information...

[Home](#)

### Related information on other websites

- [Australian Literacy and Numeracy Foundation](#)
- [National Literacy and Numeracy Week – Information for Parents](#)
- [Parenting South Australia](#)
- [Raising Children Network](#)
- [Victorian Government – Parent information](#)

### Content Partner

This page has been produced in consultation with and approved by: NAPCAN



Last updated: August 2014

Page content currently being reviewed.

Content on this website is provided for information purposes only. Information about a therapy, service, product or treatment does not in any way endorse or support such therapy, service, product or treatment and is not intended to replace advice from your doctor or other registered health professional. The information and materials contained on this website are not intended to constitute a comprehensive guide concerning all aspects of the therapy, product or treatment described on the website. All users are urged to always seek advice from a registered health care professional for diagnosis and answers to their medical questions and to ascertain whether the particular therapy, service, product or treatment described on the website is suitable in their circumstances. The State of Victoria and the Department of Health & Human Services shall not bear any liability for reliance by any user on the materials contained on this website.

[betterhealth.vic.gov.au](http://betterhealth.vic.gov.au)



## NURSE-ON-CALL

Provides immediate, expert health advice from a registered nurse. Call 1300 60 60 24

### [NURSE-ON-CALL](#)

Service Search

#### Service Search

Find services near you

Service:

Location:

Type a minimum of three characters then press UP or DOWN on the keyboard to navigate the autocompleted search results

[Use my location](#)

## Recent Activity

1 people have watched a video today

- **[Health topics](#)**

- [Conditions and treatments](#)
- [Healthy living](#)
- [Services and support](#)
- 

- **[Explore](#)**

- [Recipes](#)
- [Healthy pantry](#)
- [Videos](#)
- [Consumer medicine information](#)
- [Multilingual health information - Health Translations Directory](#)

- **[About](#)**

- [About us](#)
- [Accessibility](#)
- [Content partners](#)
- [Privacy](#)
- [Terms of use](#)
- [Contact us](#)

- **[Connect with us](#)**

- [Facebook](#)
- [Twitter](#)
- [YouTube](#)

Page last reviewed: 20 Aug 2014

<https://www.betterhealth.vic.gov.au:443/health/healthyliving/children-and-literacy>

- <https://www.betterhealth.vic.gov.au:443/about/privacy>

[Privacy Statement](#)

- <https://www.betterhealth.vic.gov.au:443/about/terms-of-use>

[Copyright Notice](#)

- <https://www.betterhealth.vic.gov.au:443/about/terms-of-use>

[Disclaimer Notice](#)

This web site is managed and authorised by the Department of Health & Human Services, State Government of Victoria, Australia

© Copyright State of Victoria 2018.

[Back to Top](#)

**This page has been produced in consultation with and approved by:**

NAPCAN

Content on this website is provided for information purposes only. Information about a therapy, service, product or treatment does not in any way endorse or support such therapy, service, product or treatment and is not intended to replace advice from your doctor or other registered health professional. The information and materials contained on this website are not intended to constitute a comprehensive guide concerning all aspects of the therapy, product or treatment described on the website. All users are urged to always seek advice from a registered health care professional for diagnosis and answers to their medical questions and to ascertain whether the particular therapy, service, product or treatment described on the website is suitable in their circumstances. The State of Victoria and the Department of Health & Human Services shall not bear any liability for reliance by any user on the materials contained on this website.

For the latest updates and more information, visit [www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)

**Copyright © 1999/2019** State of Victoria. Reproduced from the Better Health Channel ([www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)) at no cost with permission of the Victorian Minister for Health. Unauthorised reproduction and other uses comprised in the copyright are prohibited without permission.