



Guide for Baby Map

Baby Map explores the importance of play, joy and attachment between parent/caregiver and their 0–3-year-old.

The series is available in 13 languages:
English, Arabic, Dari, Farsi, Hazaragi, Karen, Assyrian, Swahili, Kurdish-Kurmanji, Ezidi, Rohingya, Ukrainian and Tibetan.

Each short video covers a different developmental stage:

Video 1 – 0-4 months old

Video 2 – 5-8 months old

Video 3 – 9-12 months old

Video 4 – 13-18 months old

Video 5 – 19 -24 months old

Video 6 – 25 -36 months old



Tips for using Baby Map

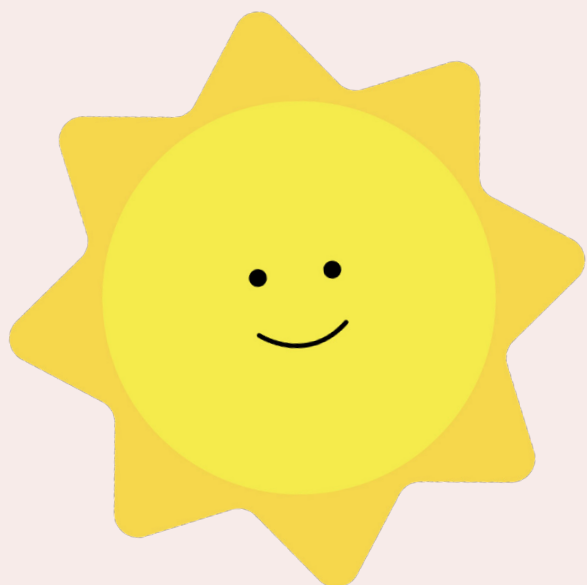
Baby Map is aimed at people from a refugee background but can be used by anyone with small children. While every baby develops differently, the need for bonding between parent/caregiver and child is universal.

Baby Map can be used in:

- The home
- In clinics
- In therapeutic groups
- Parent education courses
- Child and family health consults
- GP clinics
- Playgroup settings

Questions for discussion:

1. How does watching the video make you feel?
2. What is the baby/toddler doing and feeling in this video?
3. What are you noticing about your baby/toddler after watching this video?
4. What stands out to you about the family in the video?
5. What do you think your baby/toddler learns from playing with you?
6. What makes your baby/toddler laugh?



Key services from support and information:

- ↗ [STARTTS](#)
- ↗ [NSW Refugee Health Service](#)
- ↗ [Karitane](#)
- ↗ [New Horizons](#)
- ↗ [Tresillian](#)
- ↗ [Blue Book](#)
- ↗ [Raising Children Network](#)
- ↗ Your local Child Family Health Nurse
- ↗ Your Local Doctor (GP)

Further Information

Devices and Screen Time:

- ↗ [Screen time effects and guidelines for children and young people | AIFS](#)

Physical Activity and Exercise

- ↗ [Physical Activity and Exercise Guidelines for Infants Toddlers and Pre-schoolers | Australian Department of Health](#)

Nutrition

- ↗ [Fact Sheets - Munch & Move | NSW Government](#)
- ↗ [The Australian Parenting Website | Raising Children Network](#)
- ↗ [Australian Guide to Healthy Eating | Healthy Kids Association](#)
- ↗ [Eight Healthy Habits For Children 2 and Older | NSW Health](#)

Immunisation

- ↗ [National Immunisation Program Schedule | Australian Government Department of Health and Aged Care](#)

Childhood Development Checks

- ↗ [Health checks for young children | NSW Government](#)