



Quick Start Guide

If you are starting to use the Journal shortly after the birth of your child, begin at Step 1.

If you are starting to use the Journal later in your child's life, you can use the Key Indicators chart to help you find out where to start. Take a look at the chart and find the Step that best represents your child's current developmental level and use this as a starting point. You may need to use different Steps for the different Areas of Development.

Read the Summary of Development for the Step to get an overall view of that period in development, to find out more information and to get ideas about activities you could do with your child to support development.

Take a look at the items. When your child is showing one of these behaviours, note down the date you noticed this emerging, developing or when it was achieved. Use the 'notes' space to jot down any examples of this ability or other important things you want to remember.

When your child has completed most items in an Area of Development in a Step, you can date this on the Developmental Profile and then move onto the next Step.

Please do send us your views using the feedback sheet at the end of this booklet.