



Parent and carers resources
New webpage
now live!

A new healthy lifestyle webpage has been developed to support the health and wellbeing of children.

Check out the [webpage](#) to get tips for supporting children (aged 0-12 years) with:

- Fussy eating
- Screen time
- Healthy recipes and lots more

To access the webpage
scan the QR code



Fussy eaters



Screen time and sleep



Healthy teeth and gums



Recipe ideas for families and children



Free healthy lifestyle programs



Translated resources