

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

Check out the <u>webpage</u> to get tips for supporting children (aged 0-12 years) with:

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



Fussy eaters



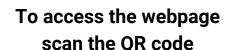
Screen time and sleep



Healthy teeth and gums



Recipe ideas for families and children







Free healthy lifestyle programs



Translated resources

