



**HEALTHY**

**BEGINNINGS**

for HNE Kids



Artwork: "Heart of a child"  
by Lara Went, Warimi Artist.

We acknowledge the traditional custodians of the land that we live and work on as the first people of this country, and pay our respects to Elders past, present and emerging.

# Supporting families from birth to school age



**Text messages** from Child and Family Health Nursing



**Information** linked to development milestones



**Connecting you** to on-line content & support services



**Resources** including weblinks, videos, factsheets, services, apps & more

*"Provides perfectly timed, great advice and reassuring information without being overwhelming" - parent of a 6 month old*



Scan the QR code for more information!

## Text message topics

- Nutrition
- Physical activity
- Child development
- Family wellbeing



Health  
Hunter New England  
Local Health District

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