



**HEALTHY
BEGINNINGS**
for HNEKids



Artwork: 'Heart of a child'
by Lara Went, Worimi 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.

Healthy Beginnings for HNEKids

Supporting HNE families



Text messages from Child and Family Health Services



Information to help you care for baby



Connecting you to on-line content & support services



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

**HB4HNEKids recognise the important role that everyone plays in raising children. Some of the information contained in the links refers to dads or partners, but we acknowledge that families are diverse in nature and hope that these resources are useful for all.*



Message Topics

- Feeding information
- Tips for caring for baby
- Wellbeing & self-care
- Available support services

EXAMPLE MESSAGE

Learning bub's hunger & tired cues takes time & practice. Some signs are stirring, mouth opening, or turning head. [Click this link](#)

To unsubscribe from HB4HNEKids, click [here](#)



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Please note: Healthy Beginnings for HNEKids shares general health advice. For specific concerns, please speak with your local [Child and Family Health Nurse](#) or your healthcare provider. The [Good for Kids, Good for Life disclaimer](#) applies to Healthy Beginnings for HNEKids.