



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.

HEALTHY

BEGINNINGS

for HNE Kids

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

Ask your Child & Family Health Nurse for more information!

Text message topics



Nutrition



Physical activity



Child development



Family wellbeing



Health
Hunter New England
Local Health District

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Please note: Healthy Beginnings for HNEKids shares general health advice. For specific concerns, please speak with your local healthcare provider.