



Welcome to Tiny Bites!

Our service has recently started **Tiny Bites!** This program is run by the *Good for Kids* team at Hunter New England Population Health in partnership with Deakin University. Tiny Bites aims to **support the feeding and healthy eating practices of children up to 2 years.**

Some parents and carers in the Baby Room are also taking part. They will be receiving text messages and online resources focused on feeding practices and child nutrition, which are tailored to the age of their child.



As part of the program, our service will be:

- Focusing on **practices to support healthy eating** in the Baby Room
- Participating in an **online program**, including **training**
- **Receiving support and nutrition resources** from *Good for Kids* - including resources to share with families
- Sharing regular information on infant feeding with our families via these **“Infants Corner” snippets throughout the year**
- **Sharing information with families** about their children's nutrition and feeding while in care

We welcome all parents and carers to **chat to the friendly educators** at our service about your child's feeding and nutrition, regardless of whether they signed up to the Tiny Bites program themselves.



We look forward to supporting your child's healthy eating.