



**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.

Supporting families from birth to school age



Text messages from Child and Family Health Services



Information linked to development milestones



Connecting you to on-line content & support services



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

Please note: HB4HNEKids may sometimes ask you for additional information to better meet your needs.

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


[Click here for more information!](#)




Text message topics

 Nutrition

 Physical activity

 Child development

 Family wellbeing

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



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 [Child and Family Health Nurse](#) or your healthcare provider. The [Good for Kids, Good for Life disclaimer](#) applies to Healthy Beginnings for HNEKids.