

#7  
of 10

First 2000  
Days of life



# Child & Family Mental Health & Wellbeing

## Why is it important?

- Strong emotional health and wellbeing in children provides lifelong health and wellbeing benefits
- Children feel valued and secure in warm, safe and nurturing relationships with their parents, carers and adults

## What to do?

- Take time to talk, yarn, read, sing, and play together
- Children need a positive approach to discipline that is kind, consistent and understanding of their behaviour
  - Think about factors that may influence their behaviour e.g. hunger or tiredness
- Take care of yourself and ask for support when you need it

Scan here to learn more and contact local services >>

or call Child and Family Health Nurses on  
1300 244 288 for more info

