

#9
of 10

First 2000
Days of life



Safe and Healthy Environments for Children

What Surrounds Us Shapes Us now and, in the future

Why is it important?

- Children rely on parents, carers and adults to provide safe and secure environments. This includes where they live play and learn
- The places where children live, play, and learn, can impact their growing brains and bodies

What to do?

- Practice safe sleeping for babies
- Children should be protected from family conflict and violence
- Children should live in a home free from smoking, vaping, alcohol, and other drugs
- Children should live in housing that is secure
- Avoid home safety hazards such as falls, burns, scalds, poisoning and drowning
- Talk to a professional for support to navigate housing, stress, financial issues, and conflict

Scan here to learn more and contact local services >>

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

