



1

Pregnancy and
Breastfeeding



2

Adjusting To
Parenthood



3

Healthy
Relationships
With Children



4

Child Health,
Development
and Wellbeing



5

Yarning
Talking, Reading and
Singing to Children



6

Play and
Physical Activity
for Children



7

Child & Family
Mental Health &
Wellbeing



8

Healthy Food
for Children



9

Safe and Healthy
Environments
for Children



10

Self-care
for Parents
and Carers

Artwork: Spirits Healing - Dalmarri 2023

First 2000 Days of life

The first 2000 days of a child's life (pregnancy until their 5th birthday) has a big impact on how they grow, develop and learn. We want our little ones to have the best start in life.

Here are 10 keys messages to support you, your mob and community to help our little ones thrive in their first 2000 days.

Scan the QR Code
for more information

