**Milestones in the** First 2000 Days



This resource provides a list of QR codes to practical health and wellbeing information for families and carers.



Nursery - Children aged 0 to 18 months

**Toddler - Children aged 18** 

months to 3 years

Professionals from across our Child, Youth and Family Health Services cover a broad range of topics including:

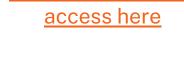
**On-demand videos** access here



**On-demand videos** access here

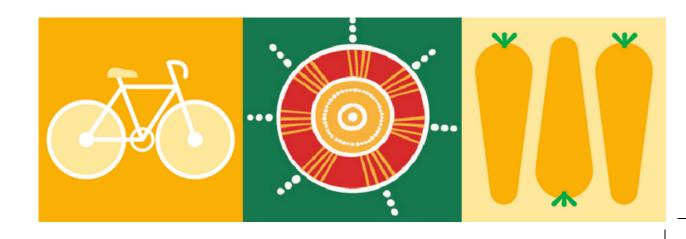
**Preschool - Children aged 3** to 5 years

- Breastfeeding
- Healthy Eating
- Physical Activity
- Sleeping
- Oral Health
- School Readiness
- Leadership



For more information contact Mid North coast Health Promotion: mnclhd-hp@health.nsw.gov.au

Developed by Population Health Promotion, Northern Sydney Local Health District, April 2023.



**On-demand videos**