

Milestones in the First 2000 Days

Information

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

[On-demand videos access here](#)



Toddler - Children aged 18 months to 3 years

[On-demand videos access here](#)



Preschool - Children aged 3 to 5 years

[On-demand videos access here](#)

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

- **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

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