

# THE FIRST 2000 DAYS

## Webinar Series



## Information and support

This resource provides a list of QR codes to quickly link you in with useful information to support the wellbeing of children and families.



Find out about support and referral options for families and young children. The series is a collaboration between MNCLHD Health Services and Bluesky Community Services.

Or [click here](#)

### **Webinar topics available online are listed below:**

- 1: The First 2000 Days Overview
- 2: Antenatal Care
- 3: Get Healthy in Pregnancy
- 4: Early Breastfeeding
- 5: Sleep and Settling
- 6: Nutrition and Feeding
- 7: Child and Family Health Nurses
- 8: Perinatal Infant Mental Health
- 9: Oral Health
- 10: Refugee Health
- 11: Child and Family Health Speech Pathology
- 12: Smoking Cessation
- 13: Regulation, Physical Activity and Screen Time



For more information contact Mid North coast Health Promotion:  
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