



# Healthy living programs and services for children, youth and families

## Community programs

0-6 years



Free nutrition and feeding workshop and information for parents and carers.

 [picnic\\_nsw](#)     [picnic\\_mnc](#)

4-18 years



Claim 2 x \$100 Active Kids Vouchers per school-enrolled children aged 4.8-18 years per year for sporting costs.

4-18 years



Free program to support children and families to become fitter, healthier and happier. Aboriginal programs and multicultural translators available.

16+ years

### Get Healthy Service



Free phone coaching to provide support with nutrition, exercise, diabetes, weight management, alcohol reduction and pregnancy. Aboriginal service and multicultural translators available.

## Health support services

0-5 years

### Child and Family Health Nurses



Child and Family Health Nurses support families with sleep, growth, development, play, feeding, nutrition, wellbeing, breastfeeding, safety and immunisation.

All ages

### Nutrition and Dietetics Service



Dietitians support children and families with dietary and nutrition assessments, modification and education