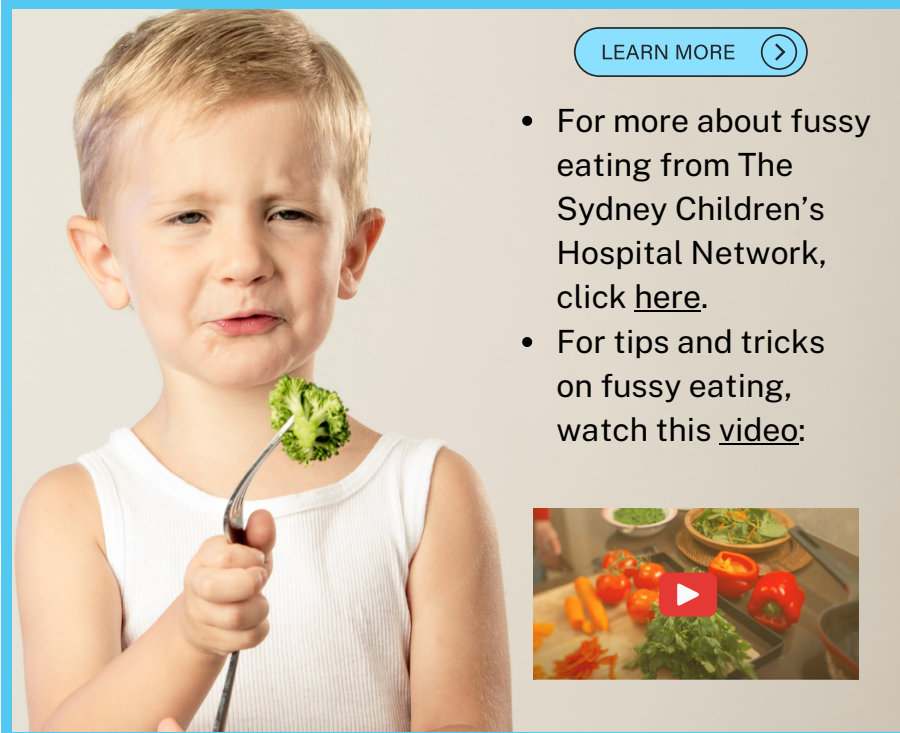


## Toddlers and fussy eaters



LEARN MORE >

- For more about fussy eating from The Sydney Children's Hospital Network, click [here](#).
- For tips and tricks on fussy eating, watch this [video](#):

As toddlers grow they start to develop a sense of independence. During this time, their growth and appetite also slow down, however, they still need a variety of healthy foods to make sure they get adequate nutrition. Being a toddler is all about exploring and experimenting. Mealtimes can often be messy as toddlers throw, squash, and play with their food. This is an important and a normal part of toddler development. Choosing and refusing food is one way that children show their independence.

## First Lap vouchers

As we approach the warmer weather, it is important for children to feel confident around water, whether it is swimming pools, the ocean, rivers, creeks or other waterways. Swimming is an essential life skill and it is an integral part of the Australian lifestyle with our expansive coastline, rivers, and lakes. To assist with learning to swim and increase water safety, the First Lap voucher program is available. It provides \$100 vouchers for parents,



guardians and carers of children aged 3-6 years who are not enrolled in school to contribute towards the cost of swimming lessons. It can be used for a program of at least five structured and supervised swimming lessons.

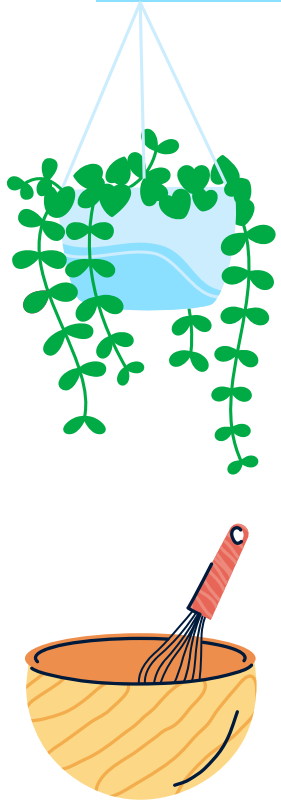
**START**

- To find a First Lap swim provider, [click here](#) or phone Service NSW on 12 77 88.
- Parents can apply [here](#) for a First Lap voucher before 30 June 2023.



# Healthy Family Bulletin

## Balance your screen time

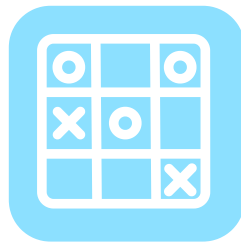
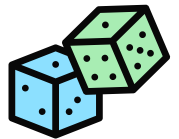
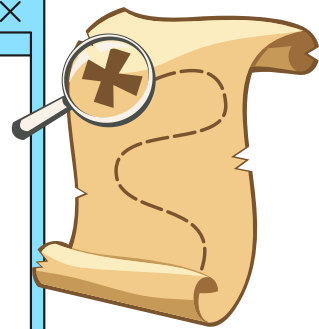


As young children grow and develop, they need more time in active play, less time sitting and enough sleep each day to be healthy. Small changes in screen time habits can benefit a child's physical, social, psychological and cognitive development. Some activity ideas that do not involve the screen include cooking together, playing a board game, gardening, having a treasure hunt at home or creating a storybook using stickers, crayons, pencils and pictures cut out from magazines.



For more information on screen time and screen free activities, click [here](#).

Loading...



## All aboard for active travel to school

Active travel means walking, cycling, scootering, skateboarding or any similar transport where human energy is spent to travel. Here are some tips for more active travel to school:



- Talk about when and how your child will be travelling to school.
- Plan the route as a family and learn which streets are safest.
- Travel with kids to school the first few times to practise road safety and gain confidence.
- See if there are others in the neighbourhood travelling to school – why not travel together?
- Ensure bikes or scooters are in good condition and that children wear appropriate clothing and shoes.
- If your destination is far, active travel for part of the way!



For more information on active travel to school, click [here](#).



# Healthy Family Bulletin

## Healthy teeth and happy smiles



Did you know, tooth decay is one of the most common childhood diseases and is largely preventable? Tooth decay occurs when the sugars from foods stick to teeth. Looking after children's teeth and gums is essential in preventing dental decay.

Ways you can support children having healthy teeth and gums include:

- Remind them to regularly brush their teeth.
- Book regular dental checks.
- Role model brushing and looking after your teeth.
- Avoid sharing utensils to stop the spread of bacteria.
- Avoid sugary food and drinks as they can lead to decay.



READ MORE



The Healthy Mouths of Kids Under 5 is a great resource for parents and carers. Check it out [here](#).

## Save the date to vaccinate



### Enrolling in childcare?

Keep your child's vaccinations up to date

We know there's lots to remember as a parent, but getting kids to their routine vaccination appointments is one of the most important things you can do to protect them from diseases like polio and measles. Making sure your child is vaccinated on-time is important when it comes to enrolling them in childcare, pre-school and school in NSW. Find out when your child's vaccinations are due [here](#).





# Healthy Family Bulletin

## Free health coaching: Get Healthy Service



After a challenging couple of years, there is no better time to reset and focus on creating healthier habits. As a parent or carer, it is important to be a good role model for children. Building a routine is a great way to stay healthy. You can kickstart a new routine to make healthier food and lifestyle choices anytime. The first step is to set small, realistic health goals that are important to you and practical steps to achieve them. If you're not sure where to start, sign up for free, confidential coaching to learn simple ways to help improve your health and wellbeing.

**Building a routine** can help keep you healthy



To get started, call the Get Healthy Service on 1300 806 258 or click [here](#).

Get Healthy Service: 1300 806 258



## COVID-19 update

Got COVID-19?  
Don't share your virus with others.

**Please stay home.**



Please register your positive rapid antigen test with Service NSW. Learn [more here](#).



While you're no longer required by law to self-isolate if you have COVID-19, it is recommended you stay home until your acute symptoms (runny nose, sore throat, cough, fever) have gone. Take steps to protect others:

- Wear a mask in public if you must leave the house.
- Avoid large gatherings and indoor crowded places.
- Don't visit people at high risk of severe illness or anyone in hospital or an aged or disability care facility, for at least seven days.
- Talk to your employer about when you should return to the workplace.

