

Children need smokefree air.



Breast milk is the best food for your baby.



Children need healthy foods to grow and learn well.



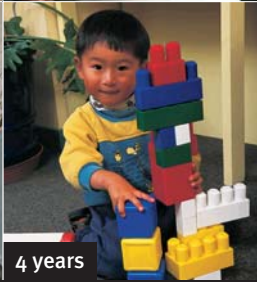
Breads, cereals, fruit and vegetables make healthy snacks for children. Offer milk or water rather than juice, sugary drinks or tea.



Help your child to brush teeth twice a day.



Keep teeth healthy. Avoid sugary foods and drinks.



Immunisation protects your child from nine serious diseases.

Encourage children to be active every day – playing, walking, sport.



Put children in seat belts or car seats when going by car.



Playing helps your child to learn.



Lock up cleaners and other poisons.



See the doctor if your child has fever, diarrhoea, vomiting or breathing problems, or if you notice anything unusual, eg, a rash, sleepiness.