

The first 2000 days can shape a child's life - new video series!

Everyone in the community can help children have the best possible start to life and we can show you how.

Today, the Health Promotion Service is launching its First 2000 Days of Life video series to show you the importance of the early years of life, the time from conception to a child's fifth birthday.

The 11 videos are for everyone in the community. You'll hear from pregnant and new mums, dads, health workers and educators all sharing the simple things that we can all do to support families and babies. After all, it takes a village to raise a child!

Key messages

The videos cover topics including:

- Your health at conception,
- Pregnancy and antenatal care,
- Breastfeeding support,
- Your baby's brain development,
- Early intervention,
- Family time,
- Intergenerational support, and
- Positive childhood experiences.

Whether you are a parent, friend, neighbour, aunt, uncle, grandparent or cousin, the videos have a message for you.

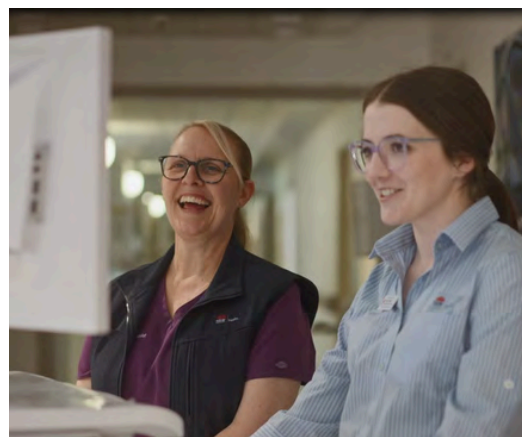


To watch the videos, [click here.](#)

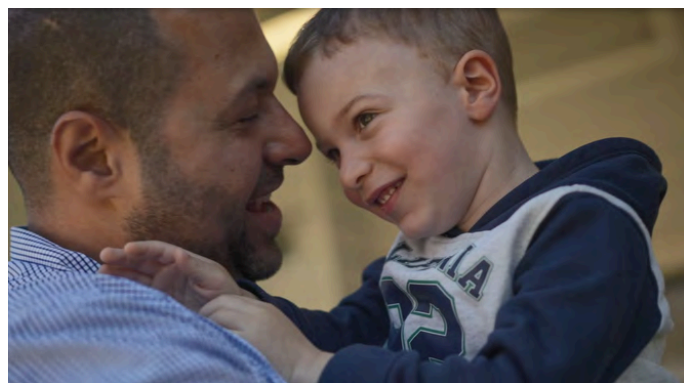


Languages

Nine videos are in English and two are in-language, in Arabic and Hindi.



A huge thank you to the families and health workers who took part in the videos.



Healthy Family Bulletin

How to reduce fat, sugar and salt in your favourite recipes



Add a twist to lasagna

Lasagna is a popular autumn or winter meal. Take a look at your favourite recipe and make some changes including:

- Replace mince with vegetables for a meat-free option.
- Use chopped tomatoes, tomato paste and legumes with no added salt.
- Add kidney beans, lentils or chickpeas.
- Use less or low-fat milk and cheese.
- Serve with a salad instead of garlic bread.



Your favourite and traditional recipes can still be on your menu thanks to some simple recipe changes. The tips include:

- Add more fibre, fruit and vegetables to recipes. These foods are lower in kilojoules and will make you feel fuller.
- Use wholegrain pasta, brown rice or barley.
- Swap meat or chicken for legumes or more vegetables.
- Use less saturated fat. Use low-fat alternatives like yoghurt instead of sour cream.
- Add herbs, spices, garlic or ginger to the dish. Use smaller amounts of high salt ingredients like sauces.
- Use less sugars. Add fruit for flavour and sweetness.

LEARN MORE

Go4Fun and keep moving in autumn

The days are getting cooler and shorter but children and families can still have fun and stay active every day. Some fun ways for families to keep moving and grooving include:

- Join the free Go4Fun Online healthy lifestyle program and use it at home. Register [here](#).
- Practice ball skills like kicking in the backyard.
- Make your own hopscotch using chalk.
- Walk the dog.
- Plant a herb or vegie garden.
- Play hide and seek indoors or in the backyard.
- Build an indoor cubby house or fort.
- Go on a walk or bike ride and explore your suburb.
- Put on some music and dance and laugh together.



For more ideas, [click here](#).



Healthy Family Bulletin

Alcohol and breastfeeding - Get Healthy Service series



MORE INFO

Our series about the Get Healthy Service continues this month with alcohol guidelines for breastfeeding mums. The service offers free health coaching to help you feel great in 2025. Next month's topic: Your journey booklet.

You might be wondering if it's safe to drink wine, beer or spirits when you are breastfeeding.

Alcohol moves into your breastmilk in the same way it moves into your blood. How much alcohol enters your breastmilk can depend on:

- The strength and amount of alcohol.
- What and how much you've eaten.
- Your weight.
- How fast you are drinking.

It takes about 30 minutes for alcohol to start to enter your breastmilk and bloodstream.

'Pumping and dumping' (expressing breastmilk and throwing it away) will not reduce the amount of alcohol in breastmilk any faster.

Plan ahead if you want to drink at a celebration. Feed your baby before and have someone who is not drinking look after the baby at this time. To learn more, download the free Feed Safe app.

Sharing the online experiences of boys and young men

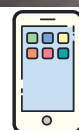
Parents and carers can join a free webinar to empower their sons to navigate the online world safely and respectfully. The internet can help people connect but it can also link them to harmful content and views.

The free webinar, from the eSafety Commissioner, will help parents guide their sons to be critical thinkers, challenge harmful messages and stay safe online. It runs on 27 May and 30 July at 12.30pm.

Other webinars include:

- Sexual extortion - What parents and carers need to know: 28 May and 18 June at 12.30pm.
- eSafety 101 - How eSafety can help you: 21 May at 12.30pm.

To register for these and more webinars, [CLICK HERE](#)



Do you have a family tech agreement at home? For this tool and many more, [click here](#).





Free RSV vaccine to protect newborns



Respiratory Syncytial Virus (RSV) is a common illness that can make newborn babies very sick. In 2025, the free RSV vaccine is available and recommended for pregnant women under the National Immunisation Program. Women can receive the RSV vaccine between 28 and 36 weeks of pregnancy to protect babies in their first six months. You can read about the RSV vaccine in languages including Arabic, Korean, Nepalese, Simplified Chinese, Traditional Chinese, Urdu and Vietnamese.



[LEARN MORE](#)

Breast screen

Women aged 50 to 74 are invited to book a free breast screen every two years. Screening is quick, easy and available across the region. To book an interpreter, phone 13 14 50. [READ MORE](#)



What's on



World No Tobacco Day: 31 May

National Families Week: 12 to 18 May.
[Join in.](#)

National Volunteer Week: 19 to 25 May.
[Say thank you.](#)

National Sorry Day: 26 May. [Read more.](#)

National Reconciliation Week: 27 May to 3 June.
Bridging Now to Next.
[Learn more.](#)



Free help to quit

Young people can get support to quit vaping using a free app. [Pave](#) is easy to use. It helps people make a plan, track their progress and beat cravings.

Let's "Unmask the appeal" of vapes and cigarettes this World No Tobacco Day. Both cigarettes and vapes are highly addictive. This year's theme highlights the tools that tobacco and nicotine companies use to appeal to young people. The colours, flavours and use of social media influencers attract young people, encourage them to start smoking or vaping and make it hard to quit. Together, we can break this cycle and protect the health of today's and future generations. [READ MORE](#)

